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Mifflin County School

October Gluten Free

Menu is Subject to Change Based Upon Product Availability

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch
 Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
 Meat or meat alternate, Choice of Vegetable
 Choice of Fruit, Grain/Bread, Choice of Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>September 30</u> Hot Dog GF Bun Tots, Baked Beans</p>	<p><u>October 1</u> Walking Taco Lettuce, Tomato, and Salsa & Corn</p>	<p><u>October 2</u> Gf Pasta Mac & Cheese Peas Cherry Tomatoes</p>	<p><u>October 3</u> Deli Ham Sandwich GF Roll Broccoli Cucumbers</p>	<p><u>October 4</u> Sausage Break Sand GF Roll GF Roll Tots, Celery Sticks</p>
<p><u>October 7</u> Gf Chicken Tenders GF Roll Green Pepper Strips Fries</p>	<p><u>October 8</u> Sloppy Joe GF Roll Tots, Cucumbers</p>	<p><u>October 9</u> GF Pasta w/Meat Sauce Side Caesar Broccoli</p>	<p><u>October 10</u> Grilled Chicken Salad GF Roll GF Dressing</p>	<p><u>October 11</u> Grilled Cheese GF Bread Gf Tomato Soup Green Bean</p>
<p><u>October 14</u> No School For Students Act 80 Day</p>	<p><u>October 15</u> Loaded Tots (Beef, Cheddar) Lettuce, Tomato, and Salsa & Corn</p>	<p><u>October 16</u> Deli Ham Sandwich GF Roll Cherry Tomatoes Baked Beans</p>	<p><u>October 17</u> Grilled Chicken Sandwich GF Roll Cucumbers Peas</p>	<p><u>October 18</u> Grilled Chicken Salad GF Roll GF Dressing</p>
<p><u>October 21</u> Gf Chicken Tenders GF Roll Green Pepper Strips Fries</p>	<p><u>October 22</u> Hard Tacos w/GF Roll Lettuce, Tomato Corn</p>	<p><u>October 23</u> GF Pasta w/Meat Sauce Side Salad Broccoli</p>	<p><u>October 24</u> Grilled Chicken w/ GF Gravy Mashed Potatoes, Corn</p>	<p><u>October 25</u> Sausage Breakfast Sandwich GF Roll Tots Baby Carrots</p>
<p><u>October 28</u> Cheeseburger GF Roll Fries, Cherry Tomatoes</p>	<p><u>October 29</u> Beef and Cheddar Nachos Lettuce, Tomato Corn</p>	<p><u>October 30</u> GF Pasta w/Meat Sauce Side Salad Broccoli</p>	<p><u>October 31</u> Grilled Chicken Sandwich GF Roll Mashed Potatoes, Baby Carrots</p>	<p><u>November 1</u> Grilled Chicken Salad GF Roll GF Dressing</p>