

Mifflin County School District

October 2024 Academy Menu

USDA is an equal opportunity provider and employer.

What is a Meal?
 You must choose at least 3 of the 5 components available for the school lunch price.
 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

Weekly Vegetable Subgroups May Include:
 Dark green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
 Beans/Peas
 Starchy - white potatoes, corn, and lima beans
 Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Featured Fruit May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch Box at Home
 Daily alternatives May include:
 Chicken Patty, Cheeseburgers, Deli Sandwiches
 Premium Salads..etc.

"The Menu is subject to change based on product availability."

Lunch Prices:
 Student: \$3.00
 Student Reduced: \$.40

Questions, Please Contact "Food Service Director"
 Bob DuFour
 717-248-0148
 Ext. 2514
rd02@mcsdk12.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30 Entrée Chili Dog on Roll FEATURED VEGGIES Tots Baked Beans Day 2	October 1 Entrée Walking Taco w/ Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 3	October 2 Entrée Grilled Cheese w/Tomato Soup FEATURED VEGGIES Peas Baby Carrots Day 4	October 3 Entrée Cheese Steak Sandwich FEATURED VEGGIES Fries Peppers & Onions Day 5	October 4 Sausage Breakfast Sandwich FEATURED VEGGIES Tots Celery Sticks Day 6
	<i>Alternative</i>	<i>Riblet Sandwich</i>		
October 7 Entrée Asian Sesame Chicken w/Rice FEATURED VEGGIES Steamed Broccoli Cucumbers Day 1	October 8 Entrée Hard Tacos w/Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 2	October 9 Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Caesar Steamed Broccoli Day 3	October 10 Entrée Sloppy Joe on Roll FEATURED VEGGIES Tots Baby Carrots Day 4	October 11 Entrée Chicken 'Nuggets' FEATURED VEGGIES Fries Green Pepper Strips Day 5
	<i>Alternative</i>	<i>Deli Ham Sandwich</i>		
October 14 No School Act 80 Day Day 6	October 15 Entrée Loaded Tots (Beef & Cheddar Tots) w/Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 1	October 16 Entrée Meatball Sandwich FEATURED VEGGIES Cucumbers Peas Day 2	October 17 Entrée Ham & Cheese Pretzel Sandwich FEATURED VEGGIES Tots Baked Beans Day 3	October 18 Entrée Pizza Crunchers w/ Dipping Sauce FEATURED VEGGIES Caesar Salad Green Beans Day 4
	<i>Alternative</i>	<i>Chicken Patty</i>		
Entrée Spicy Chicken & Waffles FEATURED VEGGIES Buttered Noodles Green Beans Day 5	Entrée Chicken Fajitas FEATURED VEGGIES Peppers & Onions Lettuce, Tomato Day 6	Entrée Popcorn Chicken Bowl w/Gravy FEATURED VEGGIES Mashed Potatoes Corn Day 1	Entrée Pasta Rotini w/Meat Sauce Breadstick FEATURED VEGGIES Side Salad Steamed Broccoli Day 2	Entrée French Toast Sticks w/Sausage FEATURED VEGGIES Tots Baby Carrots Day 3
	<i>Alternative</i>	<i>Hamburger</i>		
October 28 Entrée Husky Melt FEATURED VEGGIES Fries Cherry Tomatoes Day 4	October 29 Entrée Loaded Nachos (Beef Nachos) FEATURED VEGGIES Lettuce, Tomato Corn Day 5	October 30 Entrée Chicken Gravy over Biscuits FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 6	October 31 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Halloween Treat Day 1	November 1 Entrée BBQ Chicken Sandwich FEATURED VEGGIES Tots Cucumbers Day 2
	<i>Alternative</i>	<i>Spicy Chicken Patty</i>		