

Mifflin County School District

October 2024 Elementary-Intermediate 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:
 Fresh Entree Salad of the Week
 Craveable of the Week which could include:
 Nacho with Chips and Salsa, Cheese stick and Crackers, Breadstick Dipper, and more..

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

Lunch Prices:
Student: \$2.85
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 Hot Dog on Roll FEATURED VEGGIES Baked Beans Fries Day 2	October 1 Entrée Walking Taco w/ Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 3	October 2 Entrée Mac & Cheese w/Roll FEATURED VEGGIES Peas Cherry Tomatoes Day 4	October 3 Entrée Asian Sesame Chicken w/Rice FEATURED VEGGIES Steamed Broccoli Cucumbers Day 5	October 4 Entrée Sausage Breakfast Sandwich FEATURED VEGGIES Tots Celery Sticks Day 6
October 7 Entrée Chicken 'Nuggets FEATURED VEGGIES Fries Green Pepper Strips Day 1	Alternatives: October 8 Entrée Sloppy Joe on Roll FEATURED VEGGIES Tots Cucumbers Day 2	Yo-Go Craveable October 9 Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Caesar Steamed Broccoli Day 3	or Chef Salad October 10 Entrée Deli Hoagie FEATURED VEGGIES Baked Beans Baby Carrots Day 4	October 11 Entrée Grilled Cheese FEATURED VEGGIES Tomato Soup Green Beans Day 5
October 14 Entrée No School Act 80 Day Day 6	Alternatives: October 15 Entrée Loaded Tots (Beef & Cheddar Tots) w/ Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 1	Nacho Craveable October 16 Entrée Ham & Cheese on Pretzel Roll FEATURED VEGGIES Baked Beans Cherry Tomatoes Day 2	or Chicken Caesar Salad October 17 Entrée Meatball Sandwich FEATURED VEGGIES Cucumbers Peas Day 3	October 18 Entrée Pizza Crunchers w/ Dipping Sauce FEATURED VEGGIES Caesar Salad Green Beans Day 4
October 21 Entrée Chicken Patty Sandwich FEATURED VEGGIES Fries Green Pepper Strips Day 5	Alternatives: October 22 Entrée Hard Tacos w/Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 6	Breadstick Craveable October 23 Entrée Spaghetti w/Meat Sauce Breadstick FEATURED VEGGIES Side Salad Steamed Broccoli Day 1	or Crispy Chicken Salad October 24 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 2	October 25 Entrée French Toast Sticks w/Sausage FEATURED VEGGIES Tots Baby Carrots Day 3
October 28 Entrée Cheeseburger on Roll FEATURED VEGGIES Fries Cherry Tomatoes Day 4	Alternatives: October 29 Entrée Loaded Nachos (Beef Nachos) FEATURED VEGGIES Lettuce, Tomato Corn Day 5	PB&J Craveable October 30 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 6	or Chef Salad October 31 Entrée Chicken Gravy over Biscuits FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 1 Halloween Treat	November 1 Entrée Cheese Pizza FEATURED VEGGIES Side Salad Cucumbers Day 2
	Alternatives:	Italian Craveable	Chicken Caesar Salad	