

Mifflin County School District

October 2024 High School 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, Pizza
 Premium Salads, or Salad Bar..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
<p>September 30 Entrée Chili Dog on Roll</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 2</p>	<p>October 1 Entrée Walking Taco w/ Roll</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;">Day 3</p>	<p>October 2 Entrée Grilled Cheese w/Tomato Soup</p> <p>FEATURED VEGGIES Peas Baby Carrots</p> <p style="text-align: right;">Day 4</p>	<p>October 3 Entrée Cheese Steak Sandwich</p> <p>FEATURED VEGGIES Fries Peppers & Onions</p> <p style="text-align: right;">Day 5</p>	<p>October 4 Sausage Breakfast Sandwich</p> <p>FEATURED VEGGIES Tots Celery Sticks</p> <p style="text-align: right;">Day 6</p>
<p>October 7 Entrée Asian Sesame Chicken w/Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumbers</p> <p style="text-align: right;">Day 1</p>	<p>October 8 Entrée Hard Tacos w/Roll</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;">Day 2</p>	<p>October 9 Entrée Spaghetti w/ Meat sauce Breadstick</p> <p>FEATURED VEGGIES Side Caesar Steamed Broccoli</p> <p style="text-align: right;">Day 3</p>	<p>October 10 Entrée Sloppy Joe on Roll</p> <p>FEATURED VEGGIES Tots Baby Carrots</p> <p style="text-align: right;">Day 4</p>	<p>October 11 Entrée Chicken 'Nuggets</p> <p>FEATURED VEGGIES Fries Green Pepper Strips</p> <p style="text-align: right;">Day 5</p>
<p>October 14</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Act 80 Day</p> <p style="text-align: right;">Day 6</p>	<p>October 15 Entrée Loaded Tots (Beef & Cheddar Tots) w/Roll</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;">Day 1</p>	<p>October 16 Entrée Meatball Sandwich</p> <p>FEATURED VEGGIES Cucumbers Peas</p> <p style="text-align: right;">Day 2</p>	<p>October 17 Entrée Ham & Cheese Pretzel Sandwich</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 3</p>	<p>October 18 Entrée Pizza Crunchers w/ Dipping Sauce</p> <p>FEATURED VEGGIES Caesar Salad Green Beans</p> <p style="text-align: right;">Day 4</p>
<p>October 21 Entrée Spicy Chicken & Waffles</p> <p>FEATURED VEGGIES Buttered Noodles Green Beans</p> <p style="text-align: right;">Day 5</p>	<p>October 22 Entrée Chicken Fajitas</p> <p>FEATURED VEGGIES Peppers & Onions Lettuce, Tomato</p> <p style="text-align: right;">Day 6</p>	<p>October 23 Entrée Popcorn Chicken Bowl w/Gravy</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;">Day 1</p>	<p>October 24 Entrée Pasta Rotini w/Meat Sauce Breadstick</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;">Day 2</p>	<p>October 25 Entrée French Toast Sticks w/Sausage</p> <p>FEATURED VEGGIES Tots Baby Carrots</p> <p style="text-align: right;">Day 3</p>
<p>October 28 Entrée Husky Melt</p> <p>FEATURED VEGGIES Fries Cherry Tomatoes</p> <p style="text-align: right;">Day 4</p>	<p>October 29 Entrée Loaded Nachos (Beef Nachos)</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;">Day 5</p>	<p>October 30 Entrée Chicken Gravy over Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p> <p style="text-align: right;">Day 6</p>	<p>October 31 Entrée Beefy Macaroni (Goulash)</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;">Halloween Treat Day 1</p>	<p>November 1 Entrée BBQ Chicken Sandwich</p> <p>FEATURED VEGGIES Tots Cucumbers</p> <p style="text-align: right;">Day 2</p>