

Mifflin County School District

October 2024 Middle School Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>USDA is an equal opportunity provider and employer.</p> <p>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</p> <p>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</p> <p>Featured Fruit May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges</p> <p>Leave Your Lunch Box at Home Daily alternatives May include: Chicken Patty, Cheeseburgers, Deli Sandwiches Premium Salads, or Salad Bar..etc.</p>	<p><u>September 30</u> Entrée Hot Dog on Roll</p> <p>FEATURED VEGGIES Baked Beans Fries</p> <p style="text-align: right;"><i>Day 2</i></p>	<p><u>October 1</u> Entrée Walking Taco w/ Roll</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 3</i></p>	<p><u>October 2</u> Entrée Mac & Cheese w/Roll</p> <p>FEATURED VEGGIES Peas Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 4</i></p>	<p><u>October 3</u> Entrée Asian Sesame Chicken w/Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumbers</p> <p style="text-align: right;"><i>Day 5</i></p>	<p><u>October 4</u> Entrée Sausage Breakfast Sandwich</p> <p>FEATURED VEGGIES Tots Celery Sticks</p> <p style="text-align: right;"><i>Day 6</i></p>
		<i>Alternatives:</i>	<i>PBJ Sandwich</i>	<i>or Chef Salad</i>	
	<p><u>October 7</u> Entrée Chicken 'Nuggets</p> <p>FEATURED VEGGIES Fries Green Pepper Strips</p> <p style="text-align: right;"><i>Day 1</i></p>	<p><u>October 8</u> Entrée Sloppy Joe on Roll</p> <p>FEATURED VEGGIES Tots Cucumbers</p> <p style="text-align: right;"><i>Day 2</i></p>	<p><u>October 9</u> Entrée Spaghetti w/ Meat sauce Breadstick</p> <p>FEATURED VEGGIES Side Caesar Steamed Broccoli</p> <p style="text-align: right;"><i>Day 3</i></p>	<p><u>October 10</u> Entrée Deli Hoagie</p> <p>FEATURED VEGGIES Baked Beans Baby Carrots</p> <p style="text-align: right;"><i>Day 4</i></p>	<p><u>October 11</u> Entrée Grilled Cheese</p> <p>FEATURED VEGGIES Tomato Soup Green Beans</p> <p style="text-align: right;"><i>Day 5</i></p>
		<i>Alternatives:</i>	<i>Deli Sandwich</i>	<i>or Chicken Caesar Salad</i>	
	<p><u>October 14</u> Entrée</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Act 80 Day</p> <p style="text-align: right;"><i>Day 6</i></p>	<p><u>October 15</u> Entrée Loaded Tots (Beef & Cheddar Tots) w/ Roll</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 1</i></p>	<p><u>October 16</u> Entrée Ham & Cheese on Pretzel Roll</p> <p>FEATURED VEGGIES Baked Beans Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 2</i></p>	<p><u>October 17</u> Entrée Meatball Sandwich</p> <p>FEATURED VEGGIES Cucumbers Peas</p> <p style="text-align: right;"><i>Day 3</i></p>	<p><u>October 18</u> Entrée Pizza Crunchers w/ Dipping Sauce</p> <p>FEATURED VEGGIES Caesar Salad Green Beans</p> <p style="text-align: right;"><i>Day 4</i></p>
		<i>Alternatives:</i>	<i>Chicken Patty</i>	<i>or Crispy Chicken Salad</i>	
	<p><u>October 21</u> Entrée Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Fries Green Pepper Strips</p> <p style="text-align: right;"><i>Day 5</i></p>	<p><u>October 22</u> Entrée Hard Tacos w/Roll</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 6</i></p>	<p><u>October 23</u> Entrée Spaghetti w/Meat Sauce Breadstick</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;"><i>Day 1</i></p>	<p><u>October 24</u> Entrée Popcorn Chicken w/Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;"><i>Day 2</i></p>	<p><u>October 25</u> Entrée French Toast Sticks w/Sausage</p> <p>FEATURED VEGGIES Tots Baby Carrots</p> <p style="text-align: right;"><i>Day 3</i></p>
		<i>Alternatives:</i>	<i>Riblet Sandwich</i>	<i>or Chef Salad</i>	
	<p><u>October 28</u> Entrée Cheeseburger on Roll</p> <p>FEATURED VEGGIES Fries Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 4</i></p>	<p><u>October 29</u> Entrée Loaded Nachos (Beef Nachos)</p> <p>FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 5</i></p>	<p><u>October 30</u> Entrée Beefy Macaroni (Goulash)</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;"><i>Day 6</i></p>	<p><u>October 31</u> Entrée Chicken Gravy over Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p> <p style="text-align: right;"><i>Halloween Treat Day 1</i></p>	<p><u>November 1</u> Entrée Cheese Pizza</p> <p>FEATURED VEGGIES Side Salad Cucumbers</p> <p style="text-align: right;"><i>Day 2</i></p>
		<i>Alternatives:</i>	<i>PBJ</i>	<i>Chicken Caesar Salad</i>	

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

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

Questions, Please Contact "Food Service Director"
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