



**Mifflin County School**

**November 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>November 4</u>                      Hot Dog                      GF Bun                      Fries, Baked Beans</p>	<p><u>November 5</u>                      Walking Taco                      Lettuce, Tomato,                      and Salsa &amp; Corn</p>	<p><u>November 6</u>                      GF Chicken Noodle Soup                      w/GF Bread Peanut Butter                      Sandwich, Celery, Carrots</p>	<p><u>November 7</u>                      Chef Salad                      GF Roll                      GF Dressing</p>	<p><u>November 8</u>                      Pizza Casserole GF Pasta                      GF Roll, Side Salad                      Cucumbers</p>
<p><u>November 11</u>                      No School                      Veteran's                      Day</p>	<p><u>November 12</u>                      Grilled Chicken Sand                      GF Roll                      Fries                      Cherry Tomatoes</p>	<p><u>November 13</u>                      GF Pasta                      w/Meat Sauce                      Side Salad                      Green Beans</p>	<p><u>November 14</u>                      Deli Sandwich                      On GF Roll , GF buttered                      Pasta Steamed                      Broccoli, Baby Carrot</p>	<p><u>November 15</u>                      Grilled Chicken                      Salad GF Roll                      GF Dressing</p>
<p><u>November 18</u>                      BBQ Rib Sandwich                      GF Roll                      Tots                      Green Beans</p>	<p><u>November 19</u>                      Loaded Nachos                      (Beef, Cheddar)                      Lettuce, Tomato,                      and Salsa &amp; Corn</p>	<p><u>November 20</u>                      Homestyle                      Thanksgiving                      Meal,                      GF Version</p>	<p><u>November 21</u>                      Ham &amp; Cheese                      Sandwich GF Roll                      Tots                      Baby Carrots</p>	<p><u>November 22</u>                      GF Mac &amp; Cheese                      GF Roll                      Peas                      Baked Beans</p>
<p><u>November 25</u>                      Cheeseburger                      GF Roll                      Fries                      Corn</p>	<p><u>November 26</u>                      Chef Salad                      GF Roll                      GF Dressing</p>	<p><u>November 27</u>                      No School                      Thanksgiving                      Break</p>	<p><u>November 28</u>                      No School                      Thanksgiving                      Break</p>	<p><u>November 29</u>                      No School                      Thanksgiving                      Break</p>
<p><u>December 2</u>                      No School                      Thanksgiving                      Break</p>				