

# Mifflin County School District

## November 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](mailto:rd02@mcsdk12.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>November 4</b>  <b>Entrée</b>                      Hot Dog/Chili Dog on Roll</p> <p><b>FEATURED VEGGIES</b>                      Oven Fries                      Baked Beans</p> <p style="text-align: right;">Day 3</p>	<p><b>November 5</b>  <b>Entrée</b>                      Walking Taco w/ Roll</p> <p><b>FEATURED VEGGIES</b>                      Lettuce, Tomato                      Corn</p> <p style="text-align: right;">Day 4</p>	<p><b>November 6</b>  <b>Entrée</b>                      Chicken Noodle Soup                      w/ Peanut Butter Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Celery                      Baby Carrots</p> <p style="text-align: right;">Day 5</p>	<p><b>November 7</b>  <b>Entrée</b>                      Pizza Casserole w/ Breadstick</p> <p><b>FEATURED VEGGIES</b>                      Side Salad                      Cucumbers</p> <p style="text-align: right;">Day 6</p>	<p><b>November 8</b>  <b>Entrée</b>                      Pancakes w/Sausage</p> <p><b>FEATURED VEGGIES</b>                      Tots                      Cherry Tomatoes</p> <p style="text-align: right;">Day 1</p>
	<i>Alternative:</i>	<i>Deli Hoagie</i>		
<p><b>November 11</b>  <b>Entrée</b></p> <p><b>No School Veterans Day</b></p>	<p><b>November 12</b>  <b>Entrée</b>                      Chicken Burrito Bowl w/ Rice</p> <p><b>FEATURED VEGGIES</b>                      Black Beans                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 2</p>	<p><b>November 13</b>  <b>Entrée</b>                      Spaghetti w/ Meat sauce                      Breadstick</p> <p><b>FEATURED VEGGIES</b>                      Side Salad                      Green Beans</p> <p style="text-align: right;">Day 3</p>	<p><b>November 14</b>  <b>Entrée</b>                      Chicken Tenders w/ Buttered Noodles</p> <p><b>FEATURED VEGGIES</b>                      Steamed Broccoli                      Baby Carrots</p> <p style="text-align: right;">Day 4</p>	<p><b>November 15</b>  <b>Entrée</b>                      Buffalo Chicken Dip w/ Chips</p> <p><b>FEATURED VEGGIES</b>                      Side Caesar                      Cucumbers</p> <p style="text-align: right;">Day 5</p>
	<i>Alternative:</i>	<i>Spicy Chicken Patty</i>		
<p><b>November 18</b>  <b>Entrée</b>                      Husky Melt</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Green Beans</p> <p style="text-align: right;">Day 6</p>	<p><b>November 19</b>  <b>Entrée</b>                      Chicken Bacon Ranch Flatbread</p> <p><b>FEATURED VEGGIES</b>                      Side Salad                      Cherry Tomatoes</p> <p style="text-align: right;">Day 1</p>	<p><b>November 20</b>  <b>Entrée</b>                      Pulled Pork Nachos</p> <p><b>FEATURED VEGGIES</b>                      Lettuce, Tomato                      Corn</p> <p style="text-align: right;">Day 2</p>	<p><b>November 21</b>  <b>Entrée</b>  <b>Homestyle Thanksgiving Meal</b></p>  <p style="text-align: right;">Day 3</p>	<p><b>November 22</b>  <b>Entrée</b>                      Mac &amp; Cheese w/ Garlic Bread</p> <p><b>FEATURED VEGGIES</b>                      Peas                      Baked Beans</p> <p style="text-align: right;">Day 4</p>
	<i>Alternative:</i>	<i>Chicken Patty</i>		
<p><b>November 25</b>  <b>Entrée</b>                      Chicken Parm Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Scalloped Potatoes                      Corn</p> <p style="text-align: right;">Day 5</p>	<p><b>November 26</b>  <b>Entrée</b>                      Maxi Sticks w/ Sauce</p> <p><b>FEATURED VEGGIES</b>                      Chips                      Chef's Choice Veggie</p> <p style="text-align: right;">Day 6</p>	<p><b>November 27</b>  <b>Entrée</b></p> <p><b>No School Thanksgiving Break</b></p> <p style="text-align: right;">Day 1</p>	<p><b>November 28</b>  <b>Entrée</b></p> <p><b>No School Thanksgiving Break</b></p> <p style="text-align: right;">Day 2</p>	<p><b>November 29</b>  <b>Entrée</b></p> <p><b>No School Thanksgiving Break</b></p> <p style="text-align: right;">Day 3</p>
	<i>Alternative:</i>	<i>Hamburger</i>		
<p><b>December 2</b>  <b>Entrée</b></p> <p><b>No School Thanksgiving Break</b></p>				