

Mifflin County School District

November 2024 Junior High 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, Pizza, Deli Sandwiches
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
November 4 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans Day 3	November 5 Entrée Walking Taco w/ Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 4	November 6 Entrée Chicken Noodle Soup w/ Peanut Butter Sandwich FEATURED VEGGIES Celery Baby Carrots Day 5	November 7 Entrée Pancakes w/Sausage FEATURED VEGGIES Tots Cherry Tomatoes Day 6	November 8 Entrée Pizza Casserole w/ Breadstick FEATURED VEGGIES Side Salad Cucumbers Day 1
November 11 Entrée No School Veterans Day	November 12 Entrée Chicken Patty Sandwich FEATURED VEGGIES Fries Cherry Tomatoes Day 2	November 13 Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Salad Green Beans Day 3	November 14 Entrée Deli Hoagie w/ Buttered Noodles FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 4	November 15 Entrée Maxi Sticks w/ Sauce FEATURED VEGGIES Side Caesar Cucumbers Day 5
November 18 Entrée BBQ Rib Sandwich FEATURED VEGGIES Smiley Fries Green Beans Day 6	November 19 Entrée Pulled Pork Nachos FEATURED VEGGIES Lettuce, Tomato Corn Day 1	November 20 Entrée Homestyle Thanksgiving Meal  Day 2	November 21 Entrée Ham & Cheese Wrap FEATURED VEGGIES Tots Baby Carrots Day 3	November 22 Entrée Fish Sticks w/ Mac & Cheese FEATURED VEGGIES Peas Baked Beans Day 4
November 25 Entrée Cheeseburger on Roll FEATURED VEGGIES Scalloped Potatoes Corn Day 5	November 26 Entrée Buffalo Chicken Dip w/ Chips FEATURED VEGGIES Chef's Choice Veggie Day 6	November 27 Entrée No School Thanksgiving Break Day 1	November 28 Entrée No School Thanksgiving Break Day 2	November 29 Entrée No School Thanksgiving Break Day 3
December 2 Entrée No School Thanksgiving Break				