

Mifflin County School District

October 2024 Junior High 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 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, Pizza, Deli Sandwiches Premium Salads, or Salad Bar..etc.</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">"The Menu is subject to change based on product availability."</p> <p style="text-align: center;">Lunch Prices: Student: \$3.00 Student Reduced: \$.40</p> <p>Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org</p> <div style="text-align: center;">   </div>	<p style="text-align: center;">September 30</p> <p style="text-align: center;">Entrée Chili Dog on Roll</p> <p style="text-align: center;">FEATURED VEGGIES Baked Beans Fries</p> <p style="text-align: right;"><i>Day 2</i></p>	<p style="text-align: center;">October 1</p> <p style="text-align: center;">Entrée Walking Taco w/ Roll</p> <p style="text-align: center;">FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 3</i></p>	<p style="text-align: center;">October 2</p> <p style="text-align: center;">Entrée Mac & Cheese w/Roll</p> <p style="text-align: center;">FEATURED VEGGIES Peas Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 4</i></p>	<p style="text-align: center;">October 3</p> <p style="text-align: center;">Entrée Asian Sesame Chicken w/Rice</p> <p style="text-align: center;">FEATURED VEGGIES Steamed Broccoli Cucumbers</p> <p style="text-align: right;"><i>Day 5</i></p>	<p style="text-align: center;">October 4</p> <p style="text-align: center;">Entrée Sausage Breakfast Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Tots Celery Sticks</p> <p style="text-align: right;"><i>Day 6</i></p>
	<p style="text-align: center;">October 7</p> <p style="text-align: center;">Entrée Chicken 'Nuggets</p> <p style="text-align: center;">FEATURED VEGGIES Fries Green Pepper Strips</p> <p style="text-align: right;"><i>Day 1</i></p>	<p style="text-align: center;">October 8</p> <p style="text-align: center;">Entrée Sloppy Joe on Roll</p> <p style="text-align: center;">FEATURED VEGGIES Tots Cucumbers</p> <p style="text-align: right;"><i>Day 2</i></p>	<p style="text-align: center;">October 9</p> <p style="text-align: center;">Entrée Spaghetti w/ Meat sauce Breadstick</p> <p style="text-align: center;">FEATURED VEGGIES Side Caesar Steamed Broccoli</p> <p style="text-align: right;"><i>Day 3</i></p>	<p style="text-align: center;">October 10</p> <p style="text-align: center;">Entrée Deli Hoagie</p> <p style="text-align: center;">FEATURED VEGGIES Baked Beans Baby Carrots</p> <p style="text-align: right;"><i>Day 4</i></p>	<p style="text-align: center;">October 11</p> <p style="text-align: center;">Entrée Grilled Cheese w/Chicken Noodle Soup</p> <p style="text-align: center;">FEATURED VEGGIES Green Beans</p> <p style="text-align: right;"><i>Day 5</i></p>
	<p style="text-align: center;">October 14</p> <p style="text-align: center;">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 style="text-align: center;">October 15</p> <p style="text-align: center;">Entrée Loaded Tots (Beef & Cheddar Tots) w/ Roll</p> <p style="text-align: center;">FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 1</i></p>	<p style="text-align: center;">October 16</p> <p style="text-align: center;">Entrée Ham & Cheese on Pretzel Roll</p> <p style="text-align: center;">FEATURED VEGGIES Baked Beans Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 2</i></p>	<p style="text-align: center;">October 17</p> <p style="text-align: center;">Entrée Meatball Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Cucumbers Peas</p> <p style="text-align: right;"><i>Day 3</i></p>	<p style="text-align: center;">October 18</p> <p style="text-align: center;">Entrée Pizza Crunchers w/ Dipping Sauce</p> <p style="text-align: center;">FEATURED VEGGIES Caesar Salad Green Beans</p> <p style="text-align: right;"><i>Day 4</i></p>
	<p style="text-align: center;">October 21</p> <p style="text-align: center;">Entrée Chicken Patty Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Fries Green Pepper Strips</p> <p style="text-align: right;"><i>Day 5</i></p>	<p style="text-align: center;">October 22</p> <p style="text-align: center;">Entrée Hard Tacos w/Roll</p> <p style="text-align: center;">FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 6</i></p>	<p style="text-align: center;">October 23</p> <p style="text-align: center;">Entrée Spaghetti w/Meat Sauce Breadstick</p> <p style="text-align: center;">FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;"><i>Day 1</i></p>	<p style="text-align: center;">October 24</p> <p style="text-align: center;">Entrée Popcorn Chicken w/Roll</p> <p style="text-align: center;">FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;"><i>Day 2</i></p>	<p style="text-align: center;">October 25</p> <p style="text-align: center;">Entrée French Toast Sticks w/Sausage</p> <p style="text-align: center;">FEATURED VEGGIES Tots Baby Carrots</p> <p style="text-align: right;"><i>Day 3</i></p>
	<p style="text-align: center;">October 28</p> <p style="text-align: center;">Entrée Husky Melt</p> <p style="text-align: center;">FEATURED VEGGIES Fries Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 4</i></p>	<p style="text-align: center;">October 29</p> <p style="text-align: center;">Entrée Loaded Nachos (Beef Nachos)</p> <p style="text-align: center;">FEATURED VEGGIES Lettuce, Tomato Corn</p> <p style="text-align: right;"><i>Day 5</i></p>	<p style="text-align: center;">October 30</p> <p style="text-align: center;">Entrée Beefy Macaroni (Goulash)</p> <p style="text-align: center;">FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;"><i>Day 6</i></p>	<p style="text-align: center;">October 31</p> <p style="text-align: center;">Entrée Chicken Gravy over Biscuits</p> <p style="text-align: center;">FEATURED VEGGIES Mashed Potatoes Baby Carrots</p> <p style="text-align: right;"><i>Halloween Treat Day 1</i></p>	<p style="text-align: center;">November 1</p> <p style="text-align: center;">Entrée BBQ Chicken Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Tots Cucumbers</p> <p style="text-align: right;"><i>Day 2</i></p>