

Mifflin County School District

December 2024 High School

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 **servings** 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:
 Fresh Entree Salad of the Week
 Crave able of the Week which could include:
 Nacho with Chips and Salsa, Cheese stick and Crackers, Breadstick Dipper, and more..

"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
<u>December 2</u> Holiday Break No School	<u>December 3</u> Entrée County Fair Corn Dog FEATURED VEGGIES Oven Fries Steamed Broccoli Day 4	<u>December 4</u> Entrée Grilled Cheese Sandwich w/ Tomato Soup FEATURED VEGGIES Pepper Strips Celery Sticks Day 5	<u>December 5</u> Entrée Chicken Gravy over Biscuits FEATURED VEGGIES Mashed Potatoes Cherry Tomatoes Day 6	<u>December 6</u> Entrée Sausage Egg & Cheese Sandwich FEATURED VEGGIES Tots Baby Carrots Day 1
<u>December 9</u> Entrée Chicken Bacon Ranch Flatbread FEATURED VEGGIES Cherry Tomatoes Baked Bean Day 2	<u>December 10</u> Entrée Nachos Grande (Beef Nachos) FEATURED VEGGIES Black Beans Lettuce & Tomato Day 3	<u>December 11</u> Entrée Buffalo Chicken Dip w/Chips FEATURED VEGGIES Celery Baked Beans Day 4	<u>December 12</u> Entrée Christmas Holiday Meal  Day 5	<u>December 13</u> Entrée Italian Meatball Sandwich FEATURED VEGGIES Green Bean Side Salad Day 6
<u>December 16</u> Entrée Pancakes w/Sausage FEATURED VEGGIES Baby Carrots Tots Day 1	<u>December 17</u> Entrée Walking Taco w/ Roll FEATURED VEGGIES Corn Lettuce & Tomato Day 2	<u>December 18</u> Entrée Chef's Choice Day 3	<u>December 19</u> Entrée Chef's Choice Day 4	<u>December 20</u> Entrée Chef's Choice Day 5
<u>December 23</u> Holiday Break No School  Classes Resume 1-2-25	<u>December 24</u> Holiday Break No School	<u>December 25</u> Holiday Break No School	<u>December 26</u> Holiday Break No School	<u>December 27</u> Holiday Break No School
<u>December 30</u> Holiday Break No School	<u>December 31</u> Holiday Break No School	<u>January 1</u> Holiday Break No School Happy New Year!!!		