

Mifflin County School District

December 2024 Junior 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
 Craveable 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
<p><u>December 2</u></p> <p style="text-align: center;">Holiday Break No School</p>	<p><u>December 3</u></p> <p>Entrée County Fair Corn Dog</p> <p style="text-align: center;">FEATURED VEGGIES Fries Steamed Broccoli</p> <p style="text-align: right;">Day 4</p>	<p><u>December 4</u></p> <p>Entrée Grilled Cheese Sandwich w/Tomato Soup</p> <p style="text-align: center;">FEATURED VEGGIES Pepper Strips Celery Sticks</p> <p style="text-align: right;">Day 5</p>	<p><u>December 5</u></p> <p>Entrée Chicken Gravy over Biscuits</p> <p style="text-align: center;">FEATURED VEGGIES Scallop Potatoes Cherry Tomatoes</p> <p style="text-align: right;">Day 6</p>	<p><u>December 6</u></p> <p>Entrée Sausage Egg & Cheese Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Tots Baby Carrots</p> <p style="text-align: right;">Day 1</p>
<p><u>December 9</u></p> <p>Entrée Ham Sandwich on Pretzel Roll</p> <p style="text-align: center;">FEATURED VEGGIES Cherry Tomatoes Chips</p> <p style="text-align: right;">Day 2</p>	<p><u>December 10</u></p> <p>Entrée Nachos Grande (Beef Nachos)</p> <p style="text-align: center;">FEATURED VEGGIES Black Beans Lettuce & Tomato</p> <p style="text-align: right;">Day 3</p>	<p><u>December 11</u></p> <p>Entrée Christmas Holiday Meal</p>  <p style="text-align: right;">Day 4</p>	<p><u>December 12</u></p> <p>Entrée Italian Meatball Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Green Bean Side Salad</p> <p style="text-align: right;">Day 5</p>	<p><u>December 13</u></p> <p>Entrée BBQ Grilled Chicken Flatbread</p> <p style="text-align: center;">FEATURED VEGGIES Cherry Tomatoes Baked Bean</p> <p style="text-align: right;">Day 6</p>
<p><u>December 16</u></p> <p>Entrée Pancakes w/Sausage</p> <p style="text-align: center;">FEATURED VEGGIES Baby Carrots Tots</p> <p style="text-align: right;">Day 1</p>	<p><u>December 17</u></p> <p>Entrée Walking Taco w/ Roll</p> <p style="text-align: center;">FEATURED VEGGIES Green Pepper Strips Lettuce & Tomato</p> <p style="text-align: right;">Day 2</p>	<p><u>December 18</u></p> <p>Entrée</p> <p style="text-align: center;">Chef's Choice</p> <p style="text-align: right;">Day 3</p>	<p><u>December 19</u></p> <p>Entrée</p> <p style="text-align: center;">Chef's Choice</p> <p style="text-align: right;">Day 4</p>	<p><u>December 20</u></p> <p>Entrée</p> <p style="text-align: center;">Chef's Choice</p> <p style="text-align: right;">Day 5</p>
<p><u>December 23</u></p> <p style="text-align: center;">Holiday Break No School</p>  <p style="text-align: center;">Classes Resume 1-2-25</p>	<p><u>December 24</u></p> <p style="text-align: center;">Holiday Break No School</p>	<p><u>December 25</u></p> <p style="text-align: center;">Holiday Break No School</p>	<p><u>December 26</u></p> <p style="text-align: center;">Holiday Break No School</p>	<p><u>December 27</u></p> <p style="text-align: center;">Holiday Break No School</p>
<p><u>December 30</u></p> <p style="text-align: center;">Holiday Break No School</p>	<p><u>December 31</u></p> <p style="text-align: center;">Holiday Break No School</p>	<p><u>January 1</u></p> <p style="text-align: center;">Holiday Break No School</p> <p style="text-align: center;">Happy New Year!!!</p>		