

Mifflin County School District

December 2024 Middle 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 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:
 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December 2</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>	<p>December 3</p> <p>Entrée County Fair Corn Dog</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Fries Steamed Broccoli</p> <p style="text-align: right; font-size: 0.8em;">Day 4</p>	<p>December 4</p> <p>Entrée Grilled Cheese Sandwich w/Tomato Soup</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Pepper Strips Celery Sticks</p> <p style="text-align: right; font-size: 0.8em;">Day 5</p>	<p>December 5</p> <p>Entrée Chicken Gravy over Biscuits</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Scallop Potatoes Cherry Tomatoes</p> <p style="text-align: right; font-size: 0.8em;">Day 6</p>	<p>December 6</p> <p>Entrée Sausage Egg & Cheese Sandwich</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Tots Baby Carrots</p> <p style="text-align: right; font-size: 0.8em;">Day 1</p>
	<i>Alternatives:</i>	<i>Deli Sandwich</i>	<i>or Chef Salad</i>	
<p>December 9</p> <p>Entrée Ham Sandwich on Pretzel Roll</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Cherry Tomatoes Chips</p> <p style="text-align: right; font-size: 0.8em;">Day 2</p>	<p>December 10</p> <p>Entrée Nachos Grande (Beef Nachos)</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Black Beans Lettuce & Tomato</p> <p style="text-align: right; font-size: 0.8em;">Day 3</p>	<p>December 11</p> <p>Entrée Christmas Holiday Meal</p>  <p style="text-align: right; font-size: 0.8em;">Day 4</p>	<p>December 12</p> <p>Entrée Italian Meatball Sandwich</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Green Bean Side Salad</p> <p style="text-align: right; font-size: 0.8em;">Day 5</p>	<p>December 13</p> <p>Entrée Cheese Pizza</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Cherry Tomatoes Baked Bean</p> <p style="text-align: right; font-size: 0.8em;">Day 6</p>
	<i>Alternatives:</i>	<i>PBJ Sandwich</i>	<i>or Chicken Caesar Salad</i>	
<p>December 16</p> <p>Entrée Pancakes w/Sausage</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Baby Carrots Tots</p> <p style="text-align: right; font-size: 0.8em;">Day 1</p>	<p>December 17</p> <p>Entrée Walking Taco w/ Roll</p> <p style="color: green; font-weight: bold;">FEATURED VEGGIES</p> <p>Green Pepper Strips Lettuce & Tomato</p> <p style="text-align: right; font-size: 0.8em;">Day 2</p>	<p>December 18</p> <p>Entrée Chef's Choice</p> <p style="text-align: right; font-size: 0.8em;">Day 3</p>	<p>December 19</p> <p>Entrée Chef's Choice</p> <p style="text-align: right; font-size: 0.8em;">Day 4</p>	<p>December 20</p> <p>Entrée Chef's Choice</p> <p style="text-align: right; font-size: 0.8em;">Day 5</p>
	<i>Alternatives:</i>	<i>Chef's Choice</i>	<i>Salad: Chef's Choice</i>	
<p>December 23</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>  <p style="text-align: center; font-weight: bold;">Classes Resume 1-2-25</p>	<p>December 24</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>	<p>December 25</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>	<p>December 26</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>	<p>December 27</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>
<p>December 30</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>	<p>December 31</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p>	<p>January 1</p> <p style="text-align: center; color: red; font-size: 1.2em;">Holiday Break No School</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.1em;">Happy New Year!!!</p>		