

Mifflin County School District

January 2025 Academy

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:
 Chicken Patty, Cheeseburgers, Deli Sandwiches
 Premium Salads..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
			January 2 Entrée Chicken Gravy over Biscuits FEATURED VEGGIES Mashed Potatoes Peas Day 3	January 3 Entrée Sausage Egg & Cheese Sandwich FEATURED VEGGIES Tots Baby Carrots Day 4
	<i>Alternative:</i>	<i>Spicy Chicken Patty</i>		
January 6 Entrée Husky Melt FEATURED VEGGIES Fries Baked Beans Day 5	January 7 Entrée Nachos Grande (Beef Nachos) FEATURED VEGGIES Black Beans Lettuce & Tomato Day 6	January 8 Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Salad Green Beans Day 1	January 9 Entrée Ham & Cheese on Pretzel Roll FEATURED VEGGIES Tots Peas Day 2	January 10 Entrée Maxi Sticks w/ Sauce FEATURED VEGGIES Side Caesar Cucumbers Day 3
	<i>Alternative:</i>	<i>Deli Sandwich</i>		
January 13 Entrée BBQ Rib Sandwich FEATURED VEGGIES Smiley Fries Green Beans Day 4	January 14 Entrée Walking Taco w/ Roll FEATURED VEGGIES Corn Lettuce & Tomato Day 5	January 15 Entrée Grilled Cheese Tomato Soup FEATURED VEGGIES Peas Baby Carrots Day 6	January 16 Entrée Corn Dog FEATURED VEGGIES Fries Baked Beans Day 1	January 17 Entrée Mac & Cheese w/Garlic Bread FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 2
	<i>Alternative:</i>	<i>Hamburger</i>		
January 20 No School MLK Day!!	January 21 Entrée Taco Fries Fries w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3	January 22 Entrée Popcorn Chicken Bowl with/Biscuit FEATURED VEGGIES Mashed Potatoes Corn Day 4	January 23 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Caesar Steamed Broccoli Day 5	January 24 Entrée Meatball Sandwich FEATURED VEGGIES Green Beans Side Salad Day 6
	<i>Alternative:</i>	<i>Chicken Patty</i>		
January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans Day 1	January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli Green Pepper Strips Day 2	January 29 Entrée Buffalo Chicken Flatbread FEATURED VEGGIES Baby Carrots Peas Day 3	January 30 Entrée Pizza Casserole w/ Breadstick FEATURED VEGGIES Side Salad Cucumbers Day 4	January 31 No School Act 80 Day!!
	<i>Alternative:</i>	<i>Riblet Sandwich</i>		