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

	components available for the school				Entrée	Entrée
	· lunch price				Chicken Gravy	Sausage Egg
	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				over Biscuits	& Cheese Sandwich
	accompany a reimbursable lunch					
	Choice of Vegetable				FEATURED VEGGIES	FEATURED VEGGIES
	Choice of Fruit Grain/Bread				Mashed Potatoes	Tots
	Choice of Milk				Peas	Baby Carrots
					Day 3	Ē
W	eekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine		Alternatives:	Yo-Go Craveable	or Chef Salad	
	and spring salad	January 6	January 7	January 8	January 9	January 10
	Red/Orange - carrots, sweet potatoes, tomatoes, red peppers	Entrée	Entrée	Entrée	Entrée	Entrée
	Beans/Peas	Cheeseburger	Nachos	Spaghetti	Turkey & Cheese	Maxi
	Starchy - white potatoes, corn, and lima beans	on Roll	Grande	w/ Meat sauce	on Pretzel Roll	Sticks w/
0	ther Vegetables: celery sticks, cucumbers,		(Beef Nachos)	Breadstick		Sauce
	cauliflower, green peppers, green beans and cabbage	FEATURED VEGGIES		FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES
	Featured Fruit May Include:	Fries	FEATURED VEGGIES	Side Salad	Baked Beans	Side Caesar
ď	oranges, apples, bananás, grapes, pears, eaches, cantaloupe, melon, strawberries.	Green Peppers	Black Beans	Green Beans	Fries	Cucumbers
	Featured Fruit May Include: pranges, apples, banands, grapes, pears, eaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges		Lettuce & Tomato			
	and mandamin ordinges	Day 5	Day 6	Day 1	Day 2	0
	Leave Your Lunch Box at Home		Alternatives:	Nacho Craveable	or Chicken Caesar Salad	
	Daily alternatives May include:	January 13	January 14	January 15	January 16	January 17
	Fresh Entree Salad of the Week	Entrée	Entrée	Entrée	Entrée	Entrée
Crave able of the Week which could		BBQ Rib	Walking	Grilled Cheese	Corn	Mac & Cheese
	include:	Sandwich	Taco w/ Roll	Tomato Soup	Dog	w/Roll
Na	cho with Chips and Salsa, Cheese stick					
and Crackers, Breadstick Dipper, and		FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES
	more	Smiley Fries	Corn	Peas	Fries	Steamed Broccoli
		Green Beans	Lettuce & Tomato	Baby Carrots	Baked Beans	Cherry Tomatoes
Г						
	"The Monu is subject to shapes	Day 4	Day E	Day 4	Day 1	
	"The Menu is subject to change	Day 4	Day 5	Day 6	Day 1	
	based on	,	Alternatives:	Breadstick Craveable	or Crispy Chicken Salad	
		Day 4 January 20	Alternatives: January 21	Breadstick Craveable January 22	or Crispy Chicken Salad January 23	January 24
	based on product availability."	,	Alternatives: January 21 Entrée	Breadstick Craveable January 22 Entrée	or Crispy Chicken Salad January 23 Entrée	<u>January 24</u> Entrée
	based on product availability." Lunch Prices:	January 20	Alternatives: January 21 Entrée Taco Tots	Breadstick Craveable January 22 Entrée Beefy Macaroni	or Crispy Chicken Salad January 23 Entrée Popcorn	<u>January 24</u> Entrée Cheese
	based on product availability."	,	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar	Breadstick Craveable January 22 Entrée	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken	<u>January 24</u> Entrée
_	based on product availability." Lunch Prices:	January 20 No School	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash)	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken w/Roll	January 24 Entrée Cheese Pizza
	based on product availability." Lunch Prices: Student: \$2.85	January 20	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES	January 24 Entrée Cheese Pizza FEATURED VEGGIES
	based on product availability." Lunch Prices: Student: \$2.85	January 20 No School	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes
	based on product availability." Lunch Prices: Student: \$2.85	January 20 No School	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES	January 24 Entrée Cheese Pizza FEATURED VEGGIES
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40	January 20 No School	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact	January 20 No School	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes Corn	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director"	January 20 No School	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour	January 20 No School MLK Day!!	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148	January 20 No School MLK Day!! January 27 Entrée	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken Patty Sandwich	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole W/ Breadstick	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery January 31 No School
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken Patty Sandwich FEATURED VEGGIES	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole W/ Breadstick FEATURED VEGGIES	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken Patty Sandwich FEATURED VEGGIES Tots	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole W/ Breadstick FEATURED VEGGIES Side Salad	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery January 31 No School
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli Green Pepper Strips	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken Patty Sandwich FEATURED VEGGIES Tots Green Bean	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole W/ Breadstick FEATURED VEGGIES Side Salad Cucumbers	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery January 31 No School Act 80 Day!!
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli Green Pepper Strips Day 2	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken Patty Sandwich FEATURED VEGGIES Tots Green Bean Day 3	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole W/ Breadstick FEATURED VEGGIES Side Salad Cucumbers Day 4	January 24 Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery January 31 No School Act 80 Day!!
	based on product availability." Lunch Prices: Student: \$2.85 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org	January 20 No School MLK Day!! January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans	Alternatives: January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3 Alternatives: January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli Green Pepper Strips	Breadstick Craveable January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4 PB&J Craveable January 29 Entrée Chicken Patty Sandwich FEATURED VEGGIES Tots Green Bean	or Crispy Chicken Salad January 23 Entrée Popcorn Chicken W/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5 or Chef Salad January 30 Entrée Pizza Casserole W/ Breadstick FEATURED VEGGIES Side Salad Cucumbers	FEATURED VEGGIES Cherry Tomatoes Celery January 31 No School

Mifflin County School District

THURSDAY

January 2

Entrée

FRIDAY

January 3

Entrée

Day 4

Day 3

Day 2

Day 6