



# Mifflin County School District

## January 2025 High School

USDA is an equal opportunity provider and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. Minimum of 1/2 cup <b>servings</b> 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</p> <p><b>Weekly Vegetable Subgroups May Include:</b> 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 <b>Featured Fruit May Include:</b> oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges</p> <p><b>Leave Your Lunch Box at Home</b> <b>Daily alternatives May include:</b> Chicken Patty, Cheeseburgers, Deli Sandwiches, Pizza Premium Salads, or Salad Bar..etc.</p> <p style="text-align: center;">"The Menu is subject to change based on product availability."</p> <p style="text-align: center;"><b>Lunch Prices:</b> Student: \$3.00 Student Reduced: \$.40</p> <p>Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 <a href="mailto:rd02@mcsdk12.org">rd02@mcsdk12.org</a></p> <div style="text-align: center;">    </div>	<p><b>January 2</b> <b>Entrée</b> Chicken Gravy over Biscuits</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Mashed Potatoes Peas</p> <p style="text-align: right;"><i>Day 3</i></p>	<p><b>January 3</b> <b>Entrée</b> Sausage Egg &amp; Cheese Sandwich</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Tots Baby Carrots</p> <p style="text-align: right;"><i>Day 4</i></p>				
	<p><b>January 6</b> <b>Entrée</b> Husky Melt</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Fries Baked Beans</p> <p style="text-align: right;"><i>Day 5</i></p>	<p><b>January 7</b> <b>Entrée</b> Nachos Grande <b>(Beef Nachos)</b></p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Black Beans Lettuce &amp; Tomato</p> <p style="text-align: right;"><i>Day 6</i></p>	<p><b>January 8</b> <b>Entrée</b> Spaghetti w/ Meat sauce Breadstick</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Side Salad Green Beans</p> <p style="text-align: right;"><i>Day 1</i></p>	<p><b>January 9</b> <b>Entrée</b> Ham &amp; Cheese on Pretzel Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Tots Peas</p> <p style="text-align: right;"><i>Day 2</i></p>	<p><b>January 10</b> <b>Entrée</b> Maxi Sticks w/ Sauce</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Side Caesar Cucumbers</p> <p style="text-align: right;"><i>Day 3</i></p>	
	<p><b>January 13</b> <b>Entrée</b> BBQ Rib Sandwich</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Smiley Fries Green Beans</p> <p style="text-align: right;"><i>Day 4</i></p>	<p><b>January 14</b> <b>Entrée</b> Walking Taco w/ Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Corn Lettuce &amp; Tomato</p> <p style="text-align: right;"><i>Day 5</i></p>	<p><b>January 15</b> <b>Entrée</b> Grilled Cheese Tomato Soup</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Peas Baby Carrots</p> <p style="text-align: right;"><i>Day 6</i></p>	<p><b>January 16</b> <b>Entrée</b> Corn Dog</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Fries Baked Beans</p> <p style="text-align: right;"><i>Day 1</i></p>	<p><b>January 17</b> <b>Entrée</b> Mac &amp; Cheese w/Garlic Bread</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Steamed Broccoli Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 2</i></p>	
	<p><b>January 20</b></p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">MLK Day!!</p>	<p><b>January 21</b> <b>Entrée</b> Taco Fries <i>Fries w/ Taco Meat &amp; Cheddar</i> w/ roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Corn Lettuce &amp; Tomato</p> <p style="text-align: right;"><i>Day 3</i></p>	<p><b>January 22</b> <b>Entrée</b> Popcorn Chicken Bowl w/Biscuit</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Mashed Potatoes Corn</p> <p style="text-align: right;"><i>Day 4</i></p>	<p><b>January 23</b> <b>Entrée</b> Beefy Macaroni (Goulash)</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Side Caesar Steamed Broccoli</p> <p style="text-align: right;"><i>Day 5</i></p>	<p><b>January 24</b> <b>Entrée</b> Meatball Sandwich</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Green Beans Side Salad</p> <p style="text-align: right;"><i>Day 6</i></p>	
	<p><b>January 27</b> <b>Entrée</b> Hot Dog/Chili Dog on Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Fries Baked Beans</p> <p style="text-align: right;"><i>Day 1</i></p>	<p><b>January 28</b> <b>Entrée</b> Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Broccoli Green Pepper Strips</p> <p style="text-align: right;"><i>Day 2</i></p>	<p><b>January 29</b> <b>Entrée</b> Buffalo Chicken Flatbread</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Baby Carrots Peas</p> <p style="text-align: right;"><i>Day 3</i></p>	<p><b>January 30</b> <b>Entrée</b> Pizza Casserole w/ Breadstick</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Side Salad Cucumbers</p> <p style="text-align: right;"><i>Day 4</i></p>	<p><b>January 31</b></p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Act 80 Day!!</p> <p style="text-align: right;"><i>Day 5</i></p>	