

Mifflin County School District

January 2025 Junior High

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 **servng** 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, or Salad Bar..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
January 6 Entrée Cheeseburger on Roll FEATURED VEGGIES Fries Green Peppers 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 Turkey & Cheese on Pretzel Roll FEATURED VEGGIES Baked Beans Fries Day 2	January 10 Entrée Maxi Sticks w/ Sauce FEATURED VEGGIES Side Caesar Cucumbers Day 3
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/Roll FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 2
January 20 No School MLK Day!!	January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3	January 22 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4	January 23 Entrée Popcorn Chicken Bowl w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5	January 24 Entrée Buffalo Chicken Dip w/ Chips FEATURED VEGGIES Side Caesar Cucumbers Day 6
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 Chicken Patty Sandwich FEATURED VEGGIES Tots Green Bean Day 3	January 30 Entrée Pizza Casserole w/ Breadstick FEATURED VEGGIES Side Salad Cucumbers Day 4	January 31 No School Act 80 Day!!