

Mifflin County School District

January 2025 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 **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
				<u>January 2</u> Entrée Chicken Gravy over Biscuits FEATURED VEGGIES Mashed Potatoes Peas Day 3	<u>January 3</u> Entrée Sausage Egg & Cheese Sandwich FEATURED VEGGIES Tots Baby Carrots Day 4
		<i>Alternatives:</i>	<i>Deli Sandwich</i>	<i>or Chef Salad</i>	
	<u>January 6</u> Entrée Cheeseburger on Roll FEATURED VEGGIES Fries Green Peppers Day 5	<u>January 7</u> Entrée Nachos Grande (Beef Nachos) FEATURED VEGGIES Black Beans Lettuce & Tomato Day 6	<u>January 8</u> Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Salad Green Beans Day 1	<u>January 9</u> Entrée Turkey & Cheese on Pretzel Roll FEATURED VEGGIES Baked Beans Fries Day 2	<u>January 10</u> Entrée Maxi Sticks w/ Sauce FEATURED VEGGIES Side Caesar Cucumbers Day 3
		<i>Alternatives:</i>	<i>PBJ Sandwich</i>	<i>or Chicken Caesar Salad</i>	
	<u>January 13</u> Entrée BBQ Rib Sandwich FEATURED VEGGIES Smiley Fries Green Beans Day 4	<u>January 14</u> Entrée Walking Taco w/ Roll FEATURED VEGGIES Corn Lettuce & Tomato Day 5	<u>January 15</u> Entrée Grilled Cheese Tomato Soup FEATURED VEGGIES Peas Baby Carrots Day 6	<u>January 16</u> Entrée Corn Dog FEATURED VEGGIES Fries Baked Beans Day 1	<u>January 17</u> Entrée Mac & Cheese w/Roll FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 2
		<i>Alternatives:</i>	<i>Burger</i>	<i>or Crispy Chicken Salad</i>	
	<u>January 20</u> No School MLK Day!!	<u>January 21</u> Entrée Taco Tots <i>Tots w/ Taco Meat & Cheddar</i> w/ roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3	<u>January 22</u> Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Steamed Broccoli Day 4	<u>January 23</u> Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5	<u>January 24</u> Entrée Cheese Pizza FEATURED VEGGIES Cherry Tomatoes Celery Day 6
		<i>Alternatives:</i>	<i>Deli Hoagie</i>	<i>or Chef Salad</i>	
	<u>January 27</u> Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans Day 1	<u>January 28</u> Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli Green Pepper Strips Day 2	<u>January 29</u> Entrée Chicken Patty Sandwich FEATURED VEGGIES Tots Green Bean Day 3	<u>January 30</u> Entrée Pizza Casserole w/ Breadstick FEATURED VEGGIES Side Salad Cucumbers Day 4	<u>January 31</u> No School Act 80 Day!! Day 5
		<i>Alternative:</i>	<i>Deli Sandwich</i>	<i>or Chicken Caesar Salad</i>	