

# Mifflin County School District

## February 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, Pizza  
 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
<p><u>February 3</u>  <b>Entrée</b>                      Husky                      Melt</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Peas</p> <p style="text-align: right;">Day 6</p>	<p><u>February 4</u>  <b>Entrée</b>                      Chicken &amp; Cheese                      Quesadila</p> <p><b>FEATURED VEGGIES</b>                      Corn                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 1</p>	<p><u>February 5</u>  <b>Entrée</b>                      Chicken Noodle                      Soup                      Peanut Butter Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Peas                      Green Peppers</p> <p style="text-align: right;">Day 2</p>	<p><u>February 6</u>  <b>Entrée</b>                      Baked Ham                      w/Roll</p> <p><b>FEATURED VEGGIES</b>                      Scalloped Potatoes                      Steamed Broccoli</p> <p style="text-align: right;">Day 3</p>	<p><u>February 7</u>  <b>Entrée</b>                      Sausage, Egg                      &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Tots                      Cherry Tomatoes</p> <p style="text-align: right;">Day 4</p>
	<i>Alternative</i>	<i>Deli Turkey Sandwich</i>		
<p><u>February 10</u>  <b>Entrée</b>                      Hot Dog                      w/ Mac and Cheese</p> <p><b>FEATURED VEGGIES</b>                      Baby Carrots                      Baked Beans</p> <p style="text-align: right;">Day 5</p>	<p><u>February 11</u>  <b>Entrée</b>                      Nachos                      Grande                      (Beef Nachos)</p> <p><b>FEATURED VEGGIES</b>                      Black Beans                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 6</p>	<p><u>February 12</u>  <b>Entrée</b>                      Spaghetti                      w/ Meat sauce                      Breadstick</p> <p><b>FEATURED VEGGIES</b>                      Side Salad                      Green Beans</p> <p style="text-align: right;">Day 1</p>	<p><u>February 13</u>  <b>Entrée</b>                      Buffalo Chicken Dip                      W/Chips</p> <p><b>FEATURED VEGGIES</b>                      Celery                      Cherry Tomatoes</p> <p style="text-align: right;">Day 2</p>	<p><b>No School</b>  <b>Act 80 Day</b></p>
	<i>Alternative</i>	<i>Riblet Sandwich</i>		
<p><b>No School</b></p>  <p>PRESIDENT'S DAY</p>	<p><u>February 18</u>  <b>Entrée</b>                      Walking                      Taco w/ Roll</p> <p><b>FEATURED VEGGIES</b>                      Corn                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 4</p>	<p><u>February 19</u>  <b>Entrée</b>                      Grilled Cheese                      Tomato Soup</p> <p><b>FEATURED VEGGIES</b>                      Peas                      Baby Carrots</p> <p style="text-align: right;">Day 5</p>	<p><u>February 20</u>  <b>Entrée</b>                      Grilled Chicken Parm                      w/ Buttered Noodles</p> <p><b>FEATURED VEGGIES</b>                      Celery                      Steamed Broccoli</p> <p style="text-align: right;">Day 6</p>	<p><u>February 21</u>  <b>Entrée</b>                      Turkey Club                      Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Baked Beans                      Cherry Tomatoes</p> <p style="text-align: right;">Day 1</p>
	<i>Alternative</i>	<i>Spicy Chicken</i>		
<p><u>February 24</u>  <b>Entrée</b>                      Chicken Bcaon                      Ranch Snadwich</p> <p><b>FEATURED VEGGIES</b>                      Tots                      Baked Beans</p> <p style="text-align: right;">Day 2</p>	<p><u>February 25</u>  <b>Entrée</b>                      French Toast                      Sticks w/ Sausage</p> <p><b>FEATURED VEGGIES</b>                      Baby Carrots                      Cauliflower</p> <p style="text-align: right;">Day 3</p>	<p><u>February 26</u>  <b>Entrée</b>                      Popcorn                      Chicken                      w/Roll</p> <p><b>FEATURED VEGGIES</b>                      Mashed Potatoes                      Corn</p> <p style="text-align: right;">Day 4</p>	<p><u>February 27</u>  <b>Entrée</b>                      Beefy Macaroni                      (Goulash)</p> <p><b>FEATURED VEGGIES</b>                      Side Salad                      Steamed Broccoli</p> <p style="text-align: right;">Day 5</p>	<p><u>February 28</u>  <b>Entrée</b>                      Pizza                      Crunchers'</p> <p><b>FEATURED VEGGIES</b>                      Celery                      Cherry Tomatoes</p> <p style="text-align: right;">Day 6</p>
	<i>Alternative</i>	<i>Cheeseburger</i>		

