

# Mifflin County School District

## February 2025 High School

USDA is an equal opportunity provider and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**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 **serv**ing 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](mailto:rd02@mcsdk12.org)

	<p style="text-align: center;"><u>February 3</u></p> <p style="text-align: center;"><b>Entrée</b> Cheeseburger on Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Fries Green Peppers</p> <p style="text-align: right;"><i>Day 6</i></p>	<p style="text-align: center;"><u>February 4</u></p> <p style="text-align: center;"><b>Entrée</b> Cheese Quesadilla</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Corn Lettuce &amp; Tomato</p> <p style="text-align: right;"><i>Day 1</i></p>	<p style="text-align: center;"><u>February 5</u></p> <p style="text-align: center;"><b>Entrée</b> Chicken Noodle Soup Peanut Butter Sandwich</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Peas Green Peppers</p> <p style="text-align: right;"><i>Day 2</i></p>	<p style="text-align: center;"><u>February 6</u></p> <p style="text-align: center;"><b>Entrée</b> Baked Ham w/Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Scalloped Potatoes Steamed Broccoli</p> <p style="text-align: right;"><i>Day 3</i></p>	<p style="text-align: center;"><u>February 7</u></p> <p style="text-align: center;"><b>Entrée</b> Sausage, Egg &amp; Cheese Sandwich</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Tots Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 4</i></p>
	<p style="text-align: center;"><u>February 10</u></p> <p style="text-align: center;"><b>Entrée</b> Hot Dog w/ Mac and Cheese</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Baby Carrots Baked Beans</p> <p style="text-align: right;"><i>Day 5</i></p>	<p style="text-align: center;"><u>February 11</u></p> <p style="text-align: center;"><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 style="text-align: center;"><u>February 12</u></p> <p style="text-align: center;"><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 style="text-align: center;"><u>February 13</u></p> <p style="text-align: center;"><b>Entrée</b> Chicken Patty on 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 style="color: red; font-weight: bold;">No School Act 80 Day</p>
	<p style="color: red; font-weight: bold;">No School</p>  <p style="font-weight: bold;">PRESIDENT'S DAY</p>	<p style="text-align: center;"><u>February 18</u></p> <p style="text-align: center;"><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 4</i></p>	<p style="text-align: center;"><u>February 19</u></p> <p style="text-align: center;"><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 5</i></p>	<p style="text-align: center;"><u>February 20</u></p> <p style="text-align: center;"><b>Entrée</b> Chicken Parm w/ Buttered Noodles</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Celery Steamed Broccoli</p> <p style="text-align: right;"><i>Day 6</i></p>	<p style="text-align: center;"><u>February 21</u></p> <p style="text-align: center;"><b>Entrée</b> Mac &amp; Cheese w/Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Baked Beans Cherry Tomatoes</p> <p style="text-align: right;"><i>Day 1</i></p>
	<p style="text-align: center;"><u>February 24</u></p> <p style="text-align: center;"><b>Entrée</b> French Toast Sticks w/ Sausage</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Baby Carrots Cauliflower</p> <p style="text-align: right;"><i>Day 2</i></p>	<p style="text-align: center;"><u>February 25</u></p> <p style="text-align: center;"><b>Entrée</b> Turkey Club Wrap</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Baby Carrots Tots</p> <p style="text-align: right;"><i>Day 3</i></p>	<p style="text-align: center;"><u>February 26</u></p> <p style="text-align: center;"><b>Entrée</b> Beefy Macaroni (Goulash)</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Side Salad Steamed Broccoli</p> <p style="text-align: right;"><i>Day 4</i></p>	<p style="text-align: center;"><u>February 27</u></p> <p style="text-align: center;"><b>Entrée</b> Popcorn Chicken w/Roll</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Mashed Potatoes Corn</p> <p style="text-align: right;"><i>Day 5</i></p>	<p style="text-align: center;"><u>February 28</u></p> <p style="text-align: center;"><b>Entrée</b> Maxi Sticks w/Sauce</p> <p style="text-align: center;"><b>FEATURED VEGGIES</b> Cherry Tomatoes Celery</p> <p style="text-align: right;"><i>Day 6</i></p>

