Mifflin County School District

January 2025 Junior High

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Vou unatichoors of legist 3 of the 5 components for the 12 of the 5 components for the 12 of the 5 components for the 12 of th	USDA is an equal opportunity provider and employer.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Carry Sunday Egg	What is a Meal?						
Minimum of Ingrib places Minimum of Ingrib	components available for the school					_	
minimum of a // 2 cup of vegetable must over the control of the co	lunch price.				,		
Pearling of the processing of every place of the processing of t	minimum of a 1/2 cup of vegetable must				over Biscuits	& Cheese Sandwich	
Choice of Veglephic Grint Bread Choice of Milk Weekly Vegetable Subgroups May Include: Choice of Milk Weekly Vegetable Subgroups May Include: Condition of Milk Red/Orange - carroft, sweet politication	accompany a reimbursable lunch Meat or meat alternate						
Wealty Vegetable Subgroups My Includes of Milk Wealty My Includes of	Choice of Vegetable						
Weekly Vegefoble Subgroups May Include: Dork of Weekly Vegefoble Subgroups May Include: Dork of Seconds sweet plottloots, Beront Structure of Stru	Grain/Bread						
Weekly vegelobe Subgroups May Holded on green profined in green profined in social from the profined in social from the profined in social from the profined in green profined in social from the prof	Choice of Milk					·	
Redirection of spring roles and spring r	Weekly Vegetable Subgroups May Include:				24, 0		
Red/cronge-courds, sweet potations, formal country and supports the potation of the country and supports the coun		January 6	January 7	January 8	January 9	January 10	
Starchy Beans Passe, com, and im be beans. Other Vegelables: cellery sticks, count and many powers. Other Vegelables: cellery sticks, count bear, cou	Red/Orange - carrots, sweet potatoes,	Entrée					
Starchy -while politokes, corn. Other Vegotibles: cetery sirks, cucumbers, coulillower, green peppers, green bean and cabbage oranges, apples, and mandalin oranges. Leave Your Lunch 80x at Home Daily alternatives May include: Chicken Patry, Cheeseburgers, Deli Sandwichs Sandwichs Sandwichs Sandwichs Premium Salads, or Salad Bart.ett. FEATURED VEGGIES Siniley fries Corn Green Beans FEATURED VEGGIES Siniley fries Corn Green Beans FEATURED VEGGIES Siniley fries Corn Green Beans The Menu is subject to change based on product availability. Lunch Prices: Student: \$3.00 Student Reduced: \$.40 Feature VegGIES Green Peppers Green Peppers Corn Side Solad Corn Side Solad Side Solad Corn Side Solad Side Solad Corn Corn Side Solad Corn Side Solad Corn Corn Side Solad Corn Corn Side Solad Corn Corn Corn Corn Side Solad Corn Corn Corn Corn Corn Corn Corn Corn		Cheeseburger	Nachos	Spaghetti	Turkey & Cheese	Maxi	
Collect Vegetables: celery sticks, cucumbers, callifornia, green bears and cabbage or callifornia, green pepers, green bears and cabbage or callifornia, green pepers and amondforn oranges. Pepers, but an another person and amondforn oranges are personal amondforn oranges. Personal amondforn oranges are personal amondforn oranges. Personal amondforn oranges are personal amondforn oranges. Personal amondforn oranges. Personal amondfornia or		on Roll	Grande	w/ Meat sauce	on Pretzel Roll	Sticks w/	
green beans and cabbage from the pears, peaches, call plane and the p	Other Vegetables: celery sticks,		(Beef Nachos)	Breadstick			
Featured fruit May Include: Green Peppers Green Peppers Black Beams Leffuce & Tomato Day 3 Entrée	cucumbers, cauliflower, green peppers,						
Black Beans Lettuce & Tornato Dey \$ Dey 1 Dey 1 Dey 1 Dey 1 Dey 1 Dey 2 Dey 3 Dey 4 Dey 2 Dey 1 Dey 1 Dey 1 Dey 1 Dey 1 Dey 2 Dey 1 Dey 2 Dey 1 Dey 2 Dey 1	Featured Fruit May Include:	Fries	FEATURED VEGGIES	Side Salad	Baked Beans	Side Caesar	
Leave Your Lunch Box at Home Daily alternatives May include: Chicken Patty, Cheeseburgers, Deli Sandwiches Premium Salads, or Salad Baretc. Sandwiches Premium Salads, or Salad Baretc.	oranges, apples, bananás, grapes, pears, peaches, cantaloupe, melon, strawberries.	Green Peppers		Green Beans	Fries	Cucumbers	
Leave Your Lunch Box at Home Daily alternatives May include: Chicken Patty, Cheeseburgers, Deli Sandwiches Premium Salads, or Salad Baretc. Sandwiches Premium Salads, or Salad Baretc.	applesauce, pineapple, 100% fruit juices and mandarin oranges			David	D 1	D 0	
Sanuary 13 Sanuary 14 Sanuary 15 Sanuary 15 Sanuary 16 Sanuary 17 Sanuary 18 Sanuary 19 Sanuary 18 Sanuary 19 San			Day 5	Day 6	Day I	Day 2	
Chicken Patty, Cheeseburgers, Deli Sandwiches Premium Salads, or Salad Baretc. PEATURED VEGGIES Smiley Fries Green Beans "The Menu is subject to change based on product availability." Lunch Prices: Student: \$3.00 Student Reduced: \$4.00 Student Reduced: \$4.00 Teach Service Director" Bob DuFour 717-248-0148 Ext. 2514 Fd 202@mcsdk12.org Doy 2 Entrée BBR Rib Wolking Grilled Cheese Com Market Cheeders W/Roil Tomoto Soup Dog W/Roil Steamed Broccoil Cheery Tomotoes FEATURED VEGGIES Files Dog W/Roil Tomoto Soup Dog W/Roil Steamed Broccoil Cherry Tomotoes Dog 1 January 20 Entrée Cheese Durger Dog W/Roil Tomoto Soup Dog W/Roil Steamed Broccoil Green Popper Strips Green Beans Cheeded Tomoto Soup Dog W/Roil W/Roil W/Roil W/Roil W/Roil W/Roil W/Roil W/Roil Steamed Broccoil Steamed		January 13	January 14	January 15	January 16	January 17	
Sandwiches Premium Salads, or Salad Baretc. Taco w/ Roll Taco w/ Roll Tomato Soup Dog w/Roll	•						
Premium Salads, or Salad Baretc. FATURED VEGGIES FEATURED VEGGIES Smiley Fries Com Lettuce & Tomato Lettuce & To	,	BBQ Rib	Walking	Grilled Cheese	Corn	Mac & Cheese	
FEATURED VEGGIES Smiley Fries Green Beans 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 FEATURED VEGGIES Smiley Fries Green Beans Dey 3 Dey 4 Dey 5 Dey 6 Dey 9 Dey 1 Dey 9 Dey 6 Dey 6 Dey 6 Dey 1 Dey 6 Dey 6 Dey 6 Dey 6 Dey 6 Dey 7 Dey 6 Dey 8 Dey 8 Dey 8 Dey 9 Dey 8 Dey 9		Sandwich	Taco w/ Roll	Tomato Soup	Dog	w/Roll	
Smiley Fries Green Beans Day 3 Day 4 Day 5 Day 6 Day 1 Danuary 20 Entrée Cheeseburger On Roll FEATURED VEGGIES Fries Green Peppers Entrée Green Peppers Day 2 Day 3 Day 4 Day 5 Day 6 Day 1 Danuary 23 Entrée Entrée Cheeseburger On Roll FEATURED VEGGIES Fries Green Peppers Day 2 Day 3 Day 4 Day 5 Day 6 Day 1 Danuary 23 Danuary 24 Entrée Entrée Cheeseburger On Roll FEATURED VEGGIES Fries Green Peppers Day 2 Day 3 Day 4 Day 5 Day 6 Day 6 Day 6 Day 6 Day 6 Day 7 Day 7 Day 7 Day 8 Day 8 Day 9 Day 9 Day 9 Day 9 Day 9 Day 9 Day 1 Danuary 23 Danuary 24 Entrée Entrée Entrée Chicken Bowl W/Roll FEATURED VEGGIES FEATURED VEGGIES FEATURED VEGGIES Side Solad Cucumbers Side Solad S	Premium Salads, or Salad Baretc.						
The Menu is subject to change based on product availability." January 20 Entrée Entré							
"The Menu is subject to change based on product availability." Second Columber 20		•					
based on product availability." January 20		Green beans	Lenoce & fornato	baby Callois	bakea beans	Cherry fornatoes	
product availability." January 20 Entrée En	"The Menu is subject to change	Day 3 Day 4		Day 5	Day 6	Day 1	
Entrée Lunch Prices: Student: \$3.00 Student Reduced: \$.40 Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org Dev2 Dev2 Entrée Taco Tots Tots w/ Taco Meds & Cheddar W/roll FEATURED VEGGIES FINTÉE Day 3 Day 4 Day 5 Day 6 Day 6 Day 6 Day 7 Day 8 Day 9 Day 1 Day 9 Day 1 Day 9 Day 9	based on						
Lunch Prices: Student: \$3.00 Student Reduced: \$.40 PEATURED VEGGIES Fies Green Peppers Day 2 Day 3 Day 4 Day 5 Day 6 Day 6 Featured VegGies Fine Cucumbers Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 6 Day 6 Day 6 Day 7 Day 8 Day 9 Day 9 Day 9 Day 9 Day 9 Day 1 Day 1 Day 1 Day 1 Day 1 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 6 Day 6 Day 6 Day 7 Day 8 Day 8 Day 8 Day 8 Day 8 Day 8 Day 9 Day 9	product availability."						
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Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org Ignuary 27 Entrée Hot Dog/Chili Dog On Roll FEATURED VEGGIES Fries Baked Beans Fries Green Peppers Corn Lettuce & Tomato Side Salad Steamed Broccoli Day 3 Day 4 Day 5 Day 6 Day 5 Day 6 Day 6 Day 6 Day 7 Day 9 Day 1	Student Reduced: \$.40	FEATURED VEGGIES	·	FEATURED VEGGIES	•	•	
Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org January 27 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans Baked Beans Baked Beans Day 2 Day 3 Day 4 Day 5 Day 5 Day 6 Day 5 Day 6 Day 5 Day 6 Day 7 Day 8 Day 9 Day 8 Day 9 Day 9 Day 9 Day 9 Day 9 Day 8 Day 9 Day 8 Day 9 Day 6 Day 9 Day 8 Day 9 Day 6 Day 9 Day 6 Day 6 Day 9 Day 6 Day 9 Day 1							
"Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org Day 2 Day 3 Day 4 Day 5	Questions Please Contact	Green Peppers	Lettuce & Tomato	Steamed Broccoli	Corn	Cucumbers	
Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org January 27		Dev. 2	Day 2	Den. 4	Dev. F	Dent	
T17-248-0148 Ext. 2514 Fintrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans Fies Baked Beans Fintrée		Day 2	Day 3	Day 4	Day 5	Day 6	
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Hot Dog/Chili Dog on Roll FEATURED VEGGIES Fries Baked Beans Hot Dog/Chili Dog on Roll FEATURED VEGGIES Broccoli Grilled Chicken Strips W/ Asian Sesame Sauce W/Rice FEATURED VEGGIES Broccoli Green Pepper Strips Grilled Chicken Strips W/ Asian Sesame Sauce W/ Breadstick FEATURED VEGGIES FEATURED VEGGIES Tots Green Bean Chicken Patty Sandwich FEATURED VEGGIES FEATURED VEGGIES Side Salad Cucumbers	Ext. 2514					January 31	
on Roll FEATURED VEGGIES Fries Baked Beans Stilled Chicken strips W/ Asian Sesame Sauce W/Rice FEATURED VEGGIES Broccoli Green Pepper Strips Stilled Chicken strips W/ Asian Sesame Sauce W/Rice FEATURED VEGGIES FEATURED VEGGIES Tots Green Bean No School FEATURED VEGGIES FEATURED VEGGIES Side Salad Cucumbers							
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Baked Beans Broccoli Green Pepper Strips Tots Green Bean Side Salad Cucumbers	fresh - made - goodness - to - go		·	FEATURED VEGGIES	•	Act 80 Day!!	
Green Pepper Strips Green Bean Cucumbers	N N A C + C					- ,	
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	CULINARY MANAGEMENT	Day 1	Day 2	Day 3	Day 4	Day 5	