

Mifflin County School District

January 2025 Junior High

USDA is an equal opportunity provider and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p> <p>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</p> <p>Leave Your Lunch Box at Home Daily alternatives May include: Chicken Patty, Cheeseburgers, Deli Sandwiches Premium Salads, or Salad Bar..etc.</p>				<p>January 2 Entrée Chicken Gravy over Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Peas</p> <p style="text-align: right;">Day 3</p>	<p>January 3 Entrée Sausage Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Tots Baby Carrots</p> <p style="text-align: right;">Day 4</p>
	<p>January 6 Entrée Cheeseburger on Roll</p> <p>FEATURED VEGGIES Fries Green Peppers</p> <p style="text-align: right;">Day 5</p>	<p>January 7 Entrée Nachos Grande (Beef Nachos)</p> <p>FEATURED VEGGIES Black Beans Lettuce & Tomato</p> <p style="text-align: right;">Day 5</p>	<p>January 8 Entrée Spaghetti w/ Meat sauce Breadstick</p> <p>FEATURED VEGGIES Side Salad Green Beans</p> <p style="text-align: right;">Day 6</p>	<p>January 9 Entrée Turkey & Cheese on Pretzel Roll</p> <p>FEATURED VEGGIES Baked Beans Fries</p> <p style="text-align: right;">Day 1</p>	<p>January 10 Entrée Maxi Sticks w/ Sauce</p> <p>FEATURED VEGGIES Side Caesar Cucumbers</p> <p style="text-align: right;">Day 2</p>
	<p>January 13 Entrée BBQ Rib Sandwich</p> <p>FEATURED VEGGIES Smiley Fries Green Beans</p> <p style="text-align: right;">Day 3</p>	<p>January 14 Entrée Walking Taco w/ Roll</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 4</p>	<p>January 15 Entrée Grilled Cheese Tomato Soup</p> <p>FEATURED VEGGIES Peas Baby Carrots</p> <p style="text-align: right;">Day 5</p>	<p>January 16 Entrée Corn Dog</p> <p>FEATURED VEGGIES Fries Baked Beans</p> <p style="text-align: right;">Day 6</p>	<p>January 17 Entrée Mac & Cheese w/Roll</p> <p>FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes</p> <p style="text-align: right;">Day 1</p>
	<p>January 20 Entrée Cheeseburger on Roll</p> <p>FEATURED VEGGIES Fries Green Peppers</p> <p style="text-align: right;">Day 2</p>	<p>January 21 Entrée Taco Tots Tots w/ Taco Meat & Cheddar w/ roll</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 3</p>	<p>January 22 Entrée Beefy Macaroni (Goulash)</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;">Day 4</p>	<p>January 23 Entrée Popcorn Chicken Bowl w/Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;">Day 5</p>	<p>January 24 Entrée Buffalo Chicken Dip w/ Chips</p> <p>FEATURED VEGGIES Side Caesar Cucumbers</p> <p style="text-align: right;">Day 6</p>
	<p>January 27 Entrée Hot Dog/Chili Dog on Roll</p> <p>FEATURED VEGGIES Fries Baked Beans</p> <p style="text-align: right;">Day 1</p>	<p>January 28 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice</p> <p>FEATURED VEGGIES Broccoli Green Pepper Strips</p> <p style="text-align: right;">Day 2</p>	<p>January 29 Entrée Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Tots Green Bean</p> <p style="text-align: right;">Day 3</p>	<p>January 30 Entrée Pizza Casserole w/ Breadstick</p> <p>FEATURED VEGGIES Side Salad Cucumbers</p> <p style="text-align: right;">Day 4</p>	<p>January 31</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">No School</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Act 80 Day!!</p> <p style="text-align: right;">Day 5</p>

"The Menu is subject to change based on product availability."

Lunch Prices:
Student: \$3.00
Student Reduced: \$.40

Questions, Please Contact
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