Mifflin County School District
February 2025 Middle School

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 **serving** 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
February 3	**February 4**	**February 5**	**February 6**	**February 7**
Entrée	**Entrée**	**Entrée**	**Entrée**	**Entrée**
Cheeseburger on Roll	Cheese Quesadila	Chicken Noodle Soup / Peanut Butter Sandwich	Baked Ham w/Roll	Sausage, Egg & Cheese Sandwich
FEATURED VEGGIES Fries, Green Peppers	**FEATURED VEGGIES** Corn, Lettuce & Tomato	**FEATURED VEGGIES** Peas, Green Peppers	**FEATURED VEGGIES** Scalloped Potatoes, Steamed Broccoli	**FEATURED VEGGIES** Tots, Cherry Tomatoes
Day 6	*Day 1*	*Day 2*	*Day 3*	*Day 4*
	Alternatives:	**Deli Turkey Sandwich**	**or Chef Salad**	.
February 10	**February 11**	**February 12**	**February 13**	**February 14**
Entrée	**Entrée**	**Entrée**	**Entrée**	
Hot Dog w/ Mac and Cheese	Nachos Grande *(Beef Nachos)*	Spaghetti w/ Meat sauce / Breadstick	Chicken Patty on Roll	**No School Act 80 Day**
FEATURED VEGGIES Baby Carrots, Baked Beans	**FEATURED VEGGIES** Black Beans, Lettuce & Tomato	**FEATURED VEGGIES** Side Salad, Green Beans	**FEATURED VEGGIES** Tots, Peas	
Day 5	*Day 6*	*Day 1*	*Day 2*	*Day 3*
	Alternatives:	**PBJ Sandwich**	**or Chicken Caesar Salad**	
February 17	**February 18**	**February 19**	**February 20**	**February 21**
No School	**Entrée**	**Entrée**	**Entrée**	**Entrée**
	Walking Taco w/ Roll	Grilled Cheese / Tomato Soup	Chicken Parm w/ Buttered Noodles	Mac & Cheese w/Roll
HAPPY PRESIDENT'S DAY	**FEATURED VEGGIES** Corn, Lettuce & Tomato	**FEATURED VEGGIES** Peas, Baby Carrots	**FEATURED VEGGIES** Celery, Steamed Broccoli	**FEATURED VEGGIES** Baked Beans, Cherry Tomatoes
	Day 4	*Day 5*	*Day 6*	*Day 1*
	Alternatives:	**Burger**	**or Crispy Chicken Salad**	
February 24	**February 25**	**February 26**	**February 27**	**February 28**
Entrée	**Entrée**	**Entrée**	**Entrée**	**Entrée**
French Toast Sticks w/ Sausage	Deli Hoagie	Beefy Macaroni (Goulash)	Popcorn Chicken w/Roll	Cheese Pizza
FEATURED VEGGIES Baby Carrots, Cauliflower	**FEATURED VEGGIES** Baby Carrots, Tots	**FEATURED VEGGIES** Side Salad, Steamed Broccoli	**FEATURED VEGGIES** Mashed Potatoes, Corn	**FEATURED VEGGIES** Cherry Tomatoes, Celery
Day 2	*Day 3*	*Day 4*	*Day 5*	*Day 6*
	Alternatives:	**Deli Turkey Sandwich**	**or Chef Salad**	

chef fresh
fresh · made · goodness · to · go

Metz
CULINARY MANAGEMENT