

Mifflin County School District

March 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, .

"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>March 3</u> Entrée Husky Melt</p> <p>FEATURED VEGGIES Fries Baby Carrots</p> <p style="text-align: right;">Day 1</p>	<p><u>March 4</u> Entrée Chicken Quesadila</p> <p>FEATURED VEGGIES Pepper Strips Lettuce & Tomato</p> <p style="text-align: right;">Day 2</p>	<p><u>March 5</u> Entrée Chicken Gravy & Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;">Day 3</p>	<p><u>March 6</u> Entrée Chicken & Corn Chowder Peanut Butter Sandwich</p> <p>FEATURED VEGGIES Peas Pepper Strips</p> <p style="text-align: right;">Day 4</p>	<p><u>March 7</u> Entrée Pancakes w/ Sausage</p> <p>FEATURED VEGGIES Tots Celery Sticks</p> <p style="text-align: right;">Day 5</p>
Alternatives:		Riblet Sandwich		
<p><u>March 10</u> Entrée Hot Dog/ Chili Dog on Roll</p> <p>FEATURED VEGGIES Fries Baked Beans</p> <p style="text-align: right;">Day 6</p>	<p><u>March 11</u> Entrée Nachos Grande (Beef Nachos)</p> <p>FEATURED VEGGIES Black Beans Lettuce & Tomato</p> <p style="text-align: right;">Day 1</p>	<p><u>March 12</u> Entrée Spaghetti w/ Meat sauce Breadstick</p> <p>FEATURED VEGGIES Side Salad Green Beans</p> <p style="text-align: right;">Day 2</p>	<p><u>March 13</u> Entrée Buffalo Chicken Flatbread</p> <p>FEATURED VEGGIES Corn Baby Carrots</p> <p style="text-align: right;">Day 3</p>	<p>No School Act 80 Day</p> <p style="text-align: right;">Day 4</p>
Alternatives:		Chicken Patty		
<p><u>March 17</u> Entrée Chicken Nuggets</p> <p>FEATURED VEGGIES Fries Steamed Broccoli</p> <p style="text-align: right;">Day 5</p>	<p><u>March 18</u> Entrée Soft Tacos Beef or Chicken</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 6</p>	<p><u>March 19</u> Entrée Grilled Cheese Tomato Soup</p> <p>FEATURED VEGGIES Peas Baby Carrots</p> <p style="text-align: right;">Day 1</p>	<p><u>March 20</u> Entrée Sloppy Joe</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 2</p>	<p><u>March 21</u> Entrée Maxi Sticks w/ Sauce</p> <p>FEATURED VEGGIES Green Beans Celery Sticks</p> <p style="text-align: right;">Day 3</p>
Alternatives:		Deli Sandwich		
<p><u>March 24</u> Entrée Grilled Buffalo Chicken Sandwich</p> <p>FEATURED VEGGIES Fries Baked Beans</p> <p style="text-align: right;">Day 4</p>	<p><u>March 25</u> Entrée Sausage Egg and Cheese Sandwich</p> <p>FEATURED VEGGIES Tri-Tator Cherry Tomato</p> <p style="text-align: right;">Day 5</p>	<p><u>March 26</u> Entrée Asian Sesame Chicken w/Rice</p> <p>FEATURED VEGGIES Pepper Strips Steamed Broccoli</p> <p style="text-align: right;">Day 6</p>	<p><u>March 27</u> Entrée Pizza Casserole Garlic Bread</p> <p>FEATURED VEGGIES Green Beans Baby Carrots</p> <p style="text-align: right;">Day 1</p>	<p><u>March 28</u> Entrée Fish Sticks w/ Mac & Cheese</p> <p>FEATURED VEGGIES Corn Peas</p> <p style="text-align: right;">Day 2</p>
Alternatives:		Cheeseburger		
<p><u>March 31</u> Entrée Chicken Bacon Ranch Flatbread</p> <p>FEATURED VEGGIES Tots Cherry Tomato</p> <p style="text-align: right;">Day 3</p>	Alternatives:			
Alternatives:		Spicy Chicken Sandwich		