

# Mifflin County School District

## March 2025 Junior High

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, 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)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>March 3</u>  <b>Entrée</b>                      Cheeseburger on Roll</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Baby Carrots</p> <p style="text-align: right;">Day 1</p>	<p><u>March 4</u>  <b>Entrée</b>                      Chicken Quesadila</p> <p><b>FEATURED VEGGIES</b>                      Pepper Strips                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 2</p>	<p><u>March 5</u>  <b>Entrée</b>                      Chicken Gravy w/ Biscuits</p> <p><b>FEATURED VEGGIES</b>                      Mashed Potatoes                      Corn</p> <p style="text-align: right;">Day 3</p>	<p><u>March 6</u>  <b>Entrée</b>                      Chicken &amp; Corn Chowder                      w/ Peanut Butter Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Cherry Tomato                      Peas</p> <p style="text-align: right;">Day 4</p>	<p><u>March 7</u>  <b>Entrée</b>                      Pancakes w/ Sausage</p> <p><b>FEATURED VEGGIES</b>                      Tots                      Celery Sticks</p> <p style="text-align: right;">Day 5</p>
<p><u>March 10</u>  <b>Entrée</b>                      Hot Dog/ Chili Dog on Roll</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Baked Beans</p> <p style="text-align: right;">Day 6</p>	<p><u>March 11</u>  <b>Entrée</b>                      Nachos Grande                      (<b>Beef Nachos</b>)</p> <p><b>FEATURED VEGGIES</b>                      Black Beans                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 1</p>	<p><u>March 12</u>  <b>Entrée</b>                      Spaghetti w/ Meat sauce                      Breadstick</p> <p><b>FEATURED VEGGIES</b>                      Side Salad                      Green Beans</p> <p style="text-align: right;">Day 2</p>	<p><u>March 13</u>  <b>Entrée</b>                      Turkey Club Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Baby Carrots</p> <p style="text-align: right;">Day 3</p>	<p><u>March 14</u></p> <p style="text-align: center;"><b>No School Act 80 Day</b></p> <p style="text-align: right;">Day 4</p>
<p><u>March 17</u>  <b>Entrée</b>                      Sloppy Joe</p> <p><b>FEATURED VEGGIES</b>                      Tots                      Baked Beans</p> <p style="text-align: right;">Day 5</p>	<p><u>March 18</u>  <b>Entrée</b>                      Bufflao Chicken Dip w/Chips</p> <p><b>FEATURED VEGGIES</b>                      Corn                      Lettuce &amp; Tomato</p> <p style="text-align: right;">Day 6</p>	<p><u>March 19</u>  <b>Entrée</b>                      Grilled Cheese                      Tomato Soup</p> <p><b>FEATURED VEGGIES</b>                      Peas                      Baby Carrots</p> <p style="text-align: right;">Day 1</p>	<p><u>March 20</u>  <b>Entrée</b>                      Chicken Nuggets</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Steamed Broccoli</p> <p style="text-align: right;">Day 2</p>	<p><u>March 21</u>  <b>Entrée</b>                      Maxi Sticks w/ Sauce</p> <p><b>FEATURED VEGGIES</b>                      Green Beans                      Celery Sticks</p> <p style="text-align: right;">Day 3</p>
<p><u>March 24</u>  <b>Entrée</b>                      BBQ Chicken Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Baked Beans</p> <p style="text-align: right;">Day 4</p>	<p><u>March 25</u>  <b>Entrée</b>                      Pulled Pork Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Corn                      Tots</p> <p style="text-align: right;">Day 5</p>	<p><u>March 26</u>  <b>Entrée</b>                      Asian Sesame Chicken w/Rice</p> <p><b>FEATURED VEGGIES</b>                      Pepper Strips                      Steamed Broccoli</p> <p style="text-align: right;">Day 6</p>	<p><u>March 27</u>  <b>Entrée</b>                      Pizza                      Casserole                      Breadstick</p> <p><b>FEATURED VEGGIES</b>                      Green Beans                      Baby Carrots</p> <p style="text-align: right;">Day 1</p>	<p><u>March 28</u>  <b>Entrée</b>                      Fish Sticks w/ Mac &amp; Cheese</p> <p><b>FEATURED VEGGIES</b>                      Fries                      Peas</p> <p style="text-align: right;">Day 2</p>
<p><u>March 31</u>  <b>Entrée</b>                      Sausage Egg and Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b>                      Tots                      Cherry Tomato</p> <p style="text-align: right;">Day 3</p>				