

Mifflin County School District

April 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 **servng** 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>April 1</u> Entrée Chicken Quesadilla</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 4</p>	<p><u>April 2</u> Entrée Meatball Sandwich</p> <p>FEATURED VEGGIES Fries Peas</p> <p style="text-align: right;">Day 5</p>	<p><u>April 3</u> Entrée Chicken Gravy w/ Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;">Day 6</p>	<p><u>April 4</u> Entrée Ham, Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Tots Green Beans</p> <p style="text-align: right;">Day 1</p>
<p><u>April 7</u> Entrée Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Baked Beans Smiley Fries</p> <p style="text-align: right;">Day 2</p>	<p><u>April 8</u> Entrée Nachos Grande (Beef Nachos)</p> <p>FEATURED VEGGIES Black Beans Lettuce & Tomato</p> <p style="text-align: right;">Day 3</p>	<p><u>April 9</u> Entrée Chicken Noodle Soup w/ Peanut Butter Sandwich</p> <p>FEATURED VEGGIES Pepper Strips Steamed Broccoli</p> <p style="text-align: right;">Day 4</p>	<p><u>April 10</u> Entrée Deli Turkey Hoagie</p> <p>FEATURED VEGGIES Fries Baby Carrots</p> <p style="text-align: right;">Day 5</p>	<p><u>April 11</u> Fish Sticks w/ Mac & Cheese</p> <p>FEATURED VEGGIES Pepper Strips Peas</p> <p style="text-align: right;">Day 6</p>
<p><u>April 14</u> Entrée Sloppy Joe</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 1</p>	<p><u>April 15</u> Entrée Chicken Fajitas w/Rice</p> <p>FEATURED VEGGIES Onions & Peppers Lettuce & Tomato</p> <p style="text-align: right;">Day 2</p>	<p><u>April 16</u> Entrée Grilled Cheese Tomato Soup</p> <p>FEATURED VEGGIES Peas Baby Carrots</p> <p style="text-align: right;">Day 3</p>	<p><u>April 17</u> Entrée Pulled Pork Sandwich</p> <p>FEATURED VEGGIES Tri-Tator Cherry Tomato Easter Treat</p> <p style="text-align: right;">Day 4</p>	<p><u>April 18</u> Entrée No School Good Friday</p> 
<p><u>April 21</u> Entrée</p> <p>No School Easter Break</p> 	<p><u>April 22</u> Entrée Chicken Tacos</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 5</p>	<p><u>April 23</u> Entrée Spaghetti w/ Meat sauce Breadstick</p> <p>FEATURED VEGGIES Side Salad Green Beans</p> <p style="text-align: right;">Day 6</p>	<p><u>April 24</u> Entrée Sausage Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Tots Corn</p> <p style="text-align: right;">Day 1</p>	<p><u>April 25</u> Entrée Chicken Alfredo w/ Breadstick</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;">Day 2</p>
<p><u>April 28</u> Entrée Buffalo Chicken Dip w/ Chips</p> <p>FEATURED VEGGIES Green Beans Baby Carrots</p> <p style="text-align: right;">Day 3</p>	<p><u>April 29</u> Entrée Chicken Nachos</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 4</p>	<p><u>April 30</u> Entrée Turkey Club Wrap</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 5</p>		