

Mifflin County School District

April 2025 Middle School

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:
 Fresh Entree Salad of the Week
 Crave able of the Week which could include:
 Nacho with Chips and Salsa, Cheese stick and Crackers, Breadstick Dipper, and more..

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>April 1 Entrée Chicken Quesadilla</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 4</p>	<p>April 2 Entrée Meatball Sandwich</p> <p>FEATURED VEGGIES Fries Peas</p> <p style="text-align: right;">Day 5</p>	<p>April 3 Entrée Chicken Gravy w/ Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p style="text-align: right;">Day 6</p>	<p>April 4 Entrée Ham, Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Tots Green Beans</p> <p style="text-align: right;">Day 1</p>
	Alternatives:	Ham Deli Sandwich	or Chef Salad	
<p>April 7 Entrée Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Baked Beans Smiley Fries</p> <p style="text-align: right;">Day 2</p>	<p>April 8 Entrée Nachos Grande (Beef Nachos)</p> <p>FEATURED VEGGIES Black Beans Lettuce & Tomato</p> <p style="text-align: right;">Day 3</p>	<p>April 9 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>April 10 Entrée Deli Turkey Hoagie</p> <p>FEATURED VEGGIES Fries Baby Carrots</p> <p style="text-align: right;">Day 5</p>	<p>April 11 Entrée Fish Sticks w/ Mac & Cheese</p> <p>FEATURED VEGGIES Pepper Strips Peas</p> <p style="text-align: right;">Day 6</p>
	Alternatives:	Burger	or Chicken Caesar Salad	
<p>April 14 Entrée Sloppy Joe</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 1</p>	<p>April 15 Entrée Chicken Fajitas w/Rice</p> <p>FEATURED VEGGIES Onions & Peppers Lettuce & Tomato</p> <p style="text-align: right;">Day 2</p>	<p>April 16 Entrée Grilled Cheese Tomato Soup</p> <p>FEATURED VEGGIES Peas Baby Carrots</p> <p style="text-align: right;">Day 3</p>	<p>April 17 Entrée Cheese Pizza</p> <p>FEATURED VEGGIES Celery Corn Easter Treat</p> <p style="text-align: right;">Day 4</p>	
	Alternatives:	Deli Turkey Sandwich	or Crispy Chicken Salad	
<p>April 21 Entrée</p> <p style="text-align: center;">No School Easter Break</p> <p style="text-align: right;">Day 5</p>	<p>April 22 Entrée Chicken Tacos</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 5</p>	<p>April 23 Entrée Spaghetti w/ Meat sauce Breadstick</p> <p>FEATURED VEGGIES Side Salad Green Beans</p> <p style="text-align: right;">Day 6</p>	<p>April 24 Entrée Sausage Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Tots Corn</p> <p style="text-align: right;">Day 1</p>	<p>April 25 Entrée Chicken Alfredo w/ Breadstick</p> <p>FEATURED VEGGIES Side Salad Steamed Broccoli</p> <p style="text-align: right;">Day 2</p>
	Alternatives:	Riblet Sandwich	or Chef Salad	
<p>April 28 Entrée Cheeseburger on Roll</p> <p>FEATURED VEGGIES Fries Green Beans</p> <p style="text-align: right;">Day 3</p>	<p>April 29 Entrée Chicken Nachos</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p style="text-align: right;">Day 4</p>	<p>April 30 Entrée Ham Hoagie</p> <p>FEATURED VEGGIES Tots Baked Beans</p> <p style="text-align: right;">Day 5</p>		
	Alternatives:	Grilled Chicken Sandwich	or Chicken Caesar Salad	