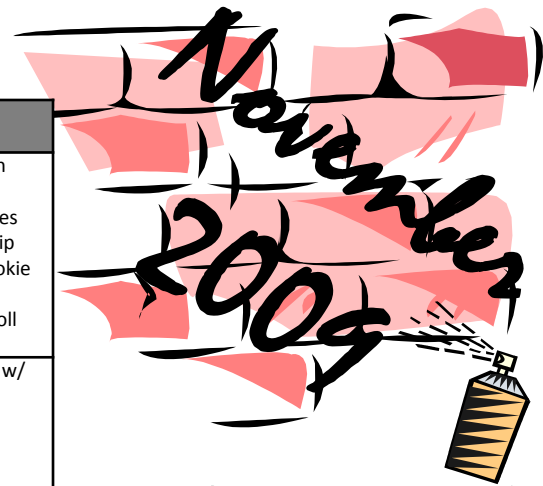



Mifflin County School District



Monday	Tuesday	Wednesday	Thursday	Friday
2. Chicken Tender Twists w/ Sauce Dinner Roll Carrot Coins Apple Sauce Milk 6- BBQ Rib Sandwich	3. Chilled Fruit Juice Sausage Patties Hash Browns Waffles w/ syrup Orange Wedges Milk 1-Ass't'd Brkfst Sand	4. Slice of Pizza Green Beans Rocky Mt. Salad Sliced Peaches Milk 2-Deli Turkey Sand.	5. Ravioli w/ Meat Sauce Tossed Salad Warm Bread Stick Seedless Grapes Milk 3-Salad Bar w/ Breadstick	6. Popcorn Chicken w/ Sauce & Roll Autumn Bl. Veggies Veggie Cup W/ Dip Chocolate Chip Cookie Milk 4- Fish on Long Roll
9. Cheese Burger Slider's Curly Fries Lettuce, Tom., Pickles Fresh Fruit Milk 5- Grilled Chicken Sand.	10. Rotini w/ Mt. Sauce Dinner Roll Tossed Salad Mandarin Oranges Milk 6-Western Burger	11. Macho Nacho Bar Whole Corn Apple-filled Bread Stick w/ Cinn. And Sugar Milk 1-Ass't. Cold Sand. w/ apple wedges	12. Chicken Corn Soup w/ Saltines Assorted Sandwiches Pineapple Fruit Cup Soft Pretzel Milk 2-Salad Bar w/ Pretzel	13. Cheese Maxi Stick w/ Sauce Green Beans Chef Salads Jello w/ toppin' Milk 3-Meatball Sub
16. Hot Dog or Chili Dog Curly Fries Baby Carrots Ice Cream Cup Milk 4-Spicy Chicken Sand	17. Chicken Fries w/ Sauce Dinner Roll Green Beans Apple Sauce Milk 5- BBQ Rib Sandwich	18. Chilled Fruit Punch Turkey w/ Filling And Gravy Whipped Potatoes Corn, Cran Sauce Holiday Cookie Milk 6- Holiday Meal	19. Tomato Soup/ Saltines Toasted Cheese Sand. Chef Salad Pudding Pop Milk 1-Salad Bar w/ roll	20. Stuffed Crust Pizza Mixed Veggies Rocky Mt. Salad Rice Krispie Treat Milk 2-Stacked PB & Jelly
23. Chicken Slider Sandwiches w/ Sauce Lettuce and Tomato Carrot Coins Apple Wedges Milk 3-Hot Dog on Bun	24. Mac & Cheese Garlic Bread Stick Tossed Salad w/Dressing Apple Crisp Milk 4-Turkey Wrap	25. Build a Deli Sand. Baked Chips Fresh Veggies Chilled Fruit "Lunch Lady 's Choice" Dessert--- Milk 5- Chef Salad, Roll	26. 	27. Thanksgiving Holiday
30. Thanksgiving Holiday				

How Being Active Helps

- Builds Better Bones and Strong Muscles.
- Makes your Heart Healthy.
- Helps you be more flexible.
- Makes you feel good about Yourself.
- Keeps you at a good weight.
- Helps you sleep better.

➤ Thanksgiving Holiday
Nov. 26th - Dec. 1st

Breakfast includes fruit or fruit juice and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cereal And Toast, English Muffin, or Biscuit	Choice of Cereal Or Breakfast Sandwich	Choice of Cereal And Breakfast Pastry	Choice of Cereal Or Waffle, Pancake, or French Toast	Choice of Cereal And Yogurt

