



## Mifflin County School District

### March 2024 Gluten Free Menu

*Menu is Subject to Change Based  
Upon Product Availability*

#### What is a Meal?

You must choose at least 3 of the  
5 components available for the school lunch  
Minimum of 1/2 cup serving 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

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|   |   |   |   | <u>March 1</u><br>Gilled Chicken<br>Salad<br>w/ Gluten Free Roll          |
| <u>March 4</u><br>Cheeseburger on<br>GF Roll<br>French Fries<br>Baked Beans | <u>March 5</u><br>Grilled Cheese<br>on GF Bread<br>Tomato soup<br>Green Beans | <u>March 6</u><br>Hot Dog<br>On GF Bun<br>GF Buttered Pasta<br>Cucumbers        | <u>March 7</u><br>Grilled Chicken<br>Salad<br>w/ Gluten Free Roll | <u>March 8</u><br>Sausage Breakfast<br>Sandwich GF Roll<br>Tots & Celery  |
| <u>March 11</u><br>Chicken Noodle Soup w/GF<br>Pasta<br>Peas<br>Carrots     | <u>March 12</u><br>Walking Taco<br>Lettuce, Tomato,<br>and Salsa & Corn       | <u>March 13</u><br>Mac & Cheese<br>GF Pasta<br>Green Beans, Pepeprs             | <u>March 14</u><br>Chef Salad<br>w/ Gluten Free Roll              | <u>March 15</u><br><b>No School For<br/>Students</b><br><b>Act 80 Day</b> |
| <u>March 18</u><br>Hot Dog<br>On GF Bun<br>Tots<br>Baked Beans              | <u>March 19</u><br>Grilled Chicken<br>Sandwich GF Bun<br>Fries<br>Peas        | <u>March 20</u><br>Deli Sandwich<br>GF Roll<br>Chips<br>Green Beans             | <u>March 21</u><br>GF Chicken<br>Tenders<br>Fries<br>Corn         | <u>March 22</u><br>Gluten Free Pizza<br>Baby Carrots<br>Side Tossed Salad |
| <u>March 25</u><br>Ham & Cheese<br>On GF Bread<br>Corn<br>Fries             | <u>March 26</u><br>Loaded Nachos<br>Fixings Cup<br>Cucumbers                  | <u>March 27</u><br>Sausage Breakfast<br>Sandwich GF Roll<br>Tots & Baby Carrots | <u>March 28</u><br>GF Pasta<br>w/Meat Sauce<br>Side Salad, Peas   | <u>March 29</u><br><b>No School</b><br><b>Good Friday!</b>                |