Mifflin County School District
March 2024 Junior-High Menu

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 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

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:
Pizza, Chicken Patty, Cheeseburgers
Premium Salads and/or Salad Bar

"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

chefFresh Metz
CULINARY MANAGEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				March 1 **Entrée** Cheese Pizza **FEATURED VEGGIES** Side Salad Baby Carrots *Day 1*
March 4 **Entrée** Cheeseburger on Roll **FEATURED VEGGIES** French Fries Baked Beans *Day 2*	**March 5** **Entrée** Grilled Cheese **FEATURED VEGGIES** Tomato Soup Green Beans *Day 3*	**March 6** **Entrée** Corn Dog **FEATURED VEGGIES** Buttered Noodles Cucumbers *Day 4*	**March 7** **Entrée** Spaghetti w/ Meat sauce **FEATURED VEGGIES** Side Caesar Cherry Tomatoes *Day 5*	**March 8** **Entrée** Sausage Breakfast Sandwich **FEATURED VEGGIES** Tots Celery *Day 6*
March 11 **Entrée** Chicken Noodle Soup w/Roll **FEATURED VEGGIES** Peas Carrots *Day 1*	**March 12** **Entrée** Walking Taco w/ Roll **FEATURED VEGGIES** Lettuce, Tomato Corn *Day 2*	**March 13** **Entrée** Macaroni & Cheese **FEATURED VEGGIES** Green Beans Pepper Strips *Day 3*	**March 14** **Entrée** Asian Sesame Chicken **FEATURED VEGGIES** Rice Broccoli *Day 4*	**March 15** **No School For For Students** ***Act 80 Day!!*** *Day 5*
March 18 **Entrée** Hot Dog on Bun **FEATURED VEGGIES** Tots Baked Beans *Day 6*	**March 19** **Entrée** Chicken Patty on Bun **FEATURED VEGGIES** Fries Peas *Day 1*	**March 20** **Entrée** Deli Hoagie **FEATURED VEGGIES** Chips Cucumbers *Day 2*	**March 21** **Entrée** Chicken ' Nuggets **FEATURED VEGGIES** Fries Corn *Day 3*	**March 22** **Entrée** Fish Sticks Tots **FEATURED VEGGIES** Side Salad Baby Carrots *Day 4*
March 25 **Entrée** Ham & Cheese on Pretzel Roll **FEATURED VEGGIES** Buttered Noodles Corn *Day 5*	**March 26** **Entrée** Loaded Nachos (Beef and Cheddar Nachos) **FEATURED VEGGIES** Lettuce, Tomato Cucumbers *Day 6*	**March 27** **Entrée** French Toast Sticks w/ Sausage **FEATURED VEGGIES** Tots Baby Carrots *Day 1*	**March 28** **Entrée** Rotini w/ Meat sauce **FEATURED VEGGIES** Side Salad Peas *Day 2*	**March 29** **No School For For Students Good Friday!!** ***Happy Easter!!!***