

**Mifflin County School District**  
**March 2024 Academy Menu**

USDA is an equal opportunity provider and employer.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**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:**

**Chicken Patty, Cheeseburgers, Deli Sandwiches**

**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](mailto:rd02@mcsdk12.org)**



**March 1**

**Entrée**

Spicy Chicken  
Sandwich

**FEATURED VEGGIES**

Side Salad  
Fries

Day 1

**Alternatives:**

**Deli Sandwich**

**March 4**

**Entrée**

Cheeseburger  
on Roll

**FEATURED VEGGIES**

Fries  
Baked Beans

Day 2

**March 5**

**Entrée**

Macaroni &  
Cheese

**FEATURED VEGGIES**

Baby Carrots  
Green Beans

Day 3

**March 6**

**Entrée**

Spaghetti  
w/ Meat sauce

**FEATURED VEGGIES**

Caesar Salad  
Cherry Tomatoes

Day 4

**March 7**

**Entrée**

Ham & Cheese  
on Pretzel Roll

**FEATURED VEGGIES**

Tator Tots  
Broccoli

Day 5

**March 8**

**Entrée**

Sausage Breakfast  
Sandwich

**FEATURED VEGGIES**

Tots  
Celery

Day 6

**Alternatives:**

**Chicken Patty**

**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**

Pizza  
Casserole

**FEATURED VEGGIES**

Side Salad  
Green Beans

Day 3

**March 14**

**Entrée**

Loaded Fries  
(Beef & Cheddar Fries)

**FEATURED VEGGIES**

Cucumbers  
Pepper Strips

Day 4

**March 15**

**No School For  
For  
Students**

**Act 80 Day!!**

Day 5

**Week Alternatives:**

**Cheeseburger**

**March 18**

**Entrée**

Hot Dog/Chili Dog  
On Roll

**FEATURED VEGGIES**

Fries  
Baby Carrots

Day 6

**March 19**

**Entrée**

Grilled Cheese  
Sandwich

**FEATURED VEGGIES**

Tomato Soup  
Peas

Day 1

**March 20**

**Entrée**

Rotini  
w/ Meat sauce

**FEATURED VEGGIES**

Caesar Salad  
Cherry Tomatoes

Day 2

**March 21**

**Entrée**

Asian Sesame  
Chicken

**FEATURED VEGGIES**

Rice  
Broccoli

Day 3

**March 22**

**Entrée**

Cheeseburger  
on Roll

**FEATURED VEGGIES**

Side Tossed Salad  
Fries

Day 4

**Week Alternatives:**

**Spicy Chicken Patty**

**March 25**

**Entrée**

Chicken  
Nuggets

**FEATURED VEGGIES**

Buttered Noodles  
Pepper Strips

Day 5

**March 26**

**Entrée**

Husky  
Melt

**FEATURED VEGGIES**

Chips  
Baked Beans

Day 6

**March 27**

**Entrée**

Macho Nachos  
(Beef & Cheddar)

**FEATURED VEGGIES**

Lettuce, Tomato  
Corn

Day 1

**March 28**

**Entrée**

French Toast Sticks  
& Sausage

**FEATURED VEGGIES**

Tator Tots  
Celery

Day 2

**March 29**

**No School For  
For  
Students**

**Good Friday!!**

**Happy Easter!!!**

**Alternatives:**

**Riblet Sandwich**