| Mifflin County School District March 2024 High School Menu |  |  |  |  |  |
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| USDA is an equal opportunity provider and employer. | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| What is a Meal? <br> You must choose at least 3 of the 5 components available for the school lunch price. <br> 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 |  |  |  |  | March 1 <br> Entrée <br> Spicy Chicken Sandwich <br> feAtured VegGies Side Salad Fries |
| Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and spring salad <br> Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas <br> Starchy - white potatoes, corn, and lima beans <br> 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 | March 4 <br> Entrée <br> Cheeseburger on Roll <br> FEATURED VEGGIES <br> Fries <br> Baked Beans | March 5 <br> Entrée <br> Macaroni \& Cheese <br> FEATURED VEGGIES <br> Baby Carrots Green Beans | March 6 <br> Entrée <br> Spaghetti <br> w/ Meat sauce <br> FEATURED VEGGIES <br> Caesar Salad Cherry Tomatoes | March 7 <br> Entrée <br> Ham \& Cheese on Pretzel Roll <br> FEATURED VEGGIES <br> Tots <br> Broccoli | March 8 <br> Entrée <br> Sausage Breakfast Sandwich <br> FEATURED VEGGIES <br> Hash Brown Celery |
| Leave Your Lunch Box at Home Daily alternatives May include: Chicken Patty, Cheeseburgers, Deli Sandwiches Premium Salads, or Salad Bar..etc. <br> "The Menu is subject to change | March 11 <br> Entrée <br> Chicken Noodle Soup <br> w/Roll <br> feAtured VegGies Peas Carrots | March 12 <br> Entrée <br> Walking Taco <br> w/ Roll <br> FEATURED VEGGIES <br> Lettuce, Tomato Corn | March 13 <br> Entrée <br> Pizza <br> Casserole <br> FEATURED VEGGIES <br> Side Salad Green Beans <br> Day 3 | March 14 Entrée <br> Loaded Fries <br> (Beef \& Cheddar Fries) <br> FEATURED VEGGIES Cucumbers Pepper Strips | March 15 <br> No School For <br> For <br> Students <br> Act 80 Day!! |
| based on product availability." <br> Lunch Prices: <br> Student: \$3.00 <br> Student Reduced: \$. 40 <br> Questions, Please Contact "Food Service Director" | March 18 <br> Entrée <br> Hot Dog/Chili Dog <br> On Roll <br> FEATURED VEGGIES Fries Baby Carrots | March 19 <br> Entrée <br> Grilled Cheese Sandwich <br> FEATURED VEGGIES Tomato Soup Peas | March 20 <br> Entrée <br> Rotini <br> w/ Meat sauce <br> FEATURED VEGGIES <br> Caesar Salad Cherry Tomatoes | March 21 <br> Entrée <br> Asian Sesame Chicken <br> FEATURED VEGGIES Rice Broccoli <br> Day 3 | March 22 <br> Entrée <br> Cheeseburger on Roll <br> FEATURED VEGGIES Side Tossed Salad Fries |
| Bob DuFour 717-248-0148 <br> Ext. 2514 <br> rd02@mcsdk12.org | March 25 <br> Entrée <br> Chicken <br> Nuggets <br> FEATURED VEGGIES <br> Buttered Noodles <br> Pepper Strips $\quad$ Day 5 | March 26 Entrée Husky Melt FEATURED VEGGIES Chips Baked Beans Day 6 | March 27 <br> Entrée <br> Macho Nachos (Beef \& Cheddar) FEATURED VEGGIES Lettuce, Tomato Corn | March 28 <br> Entrée <br> French Toast Sticks <br> \& Sausage <br> FEATURED VEGGIES <br> Tator Tots Celery | March 29 <br> No School For <br> For <br> Students <br> Good Friday!! <br> Happy Easter!!! |
|  |  | Day 6 | Day 1 | Day 2 |  |

