



Mifflin County School District

April 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>April 1</u> Cheeseburger on GF Roll French Fries/Cucumbers	<u>April 2</u> Beef and Cheddar Fries Pepper & Onions/Celery	<u>April 3</u> Chef Salad Salad w/ GF Roll	<u>April 4</u> Turkey Sandwich GF Bread Green Beans Tots	<u>April 5</u> Grilled Chicken Sandwich GF Roll Potato Wedges/Beans
<u>April 8</u> Grilled Cheese on GF Bread GF Tomato soup Green Beans	<u>April 9</u> Ham Sandwich GF Bread Fries Cucumbers	<u>April 10</u> Grilled Chicken Salad w/ GF Roll	<u>April 11</u> GF Chicken Tenders Potato Wedges Beans	<u>April 12</u> Sausage Breakfast Sandwich GF Roll Tots & Celery
<u>April 15</u> Hot Dog GF Bun Potato Wedges Beans	<u>April 16</u> Walking Taco Lettuce, Tomato, and Salsa & Corn	<u>April 17</u> Mac & Cheese GF Pasta Green Beans, Peppers	<u>April 18</u> Grilled Chicken Salad w/ GF Roll	<u>April 19</u> Open Face Turkey Sandwich GF Bread Mashed Potatoes Corn
<u>April 22</u> Turkey Noodle Soup w/GF Pasta Peas Carrots	<u>April 23</u> No School for Students Primary Election Day	<u>April 24</u> Turkey Sandwich GF Bread Side Salad Green Beans	<u>April 25</u> Sloppy Joe GF Bun Oven Fries Baked Beans	<u>April 26</u> Egg and Cheese Sandwich GF Roll Tots Side Salad
<u>April 29</u> Ham & Cheese On GF Bread Corn Fries	<u>April 30</u> Loaded Nachos (Beef & Cheddar) Lettuce/Tomato Cucumbers			