

# Mifflin County School District

## April 2024 Academy 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:**  
 Chicken Patty, Cheeseburgers, & Deli Sandwiches

"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)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 1</b> <b>Entrée</b> Cheeseburger on Roll  <b>FEATURED VEGGIES</b> Fries Cucumbers  <i>Day 3</i>	<b>April 2</b> <b>Entrée</b> Beef and Cheddar Oven Fries  <b>FEATURED VEGGIES</b> Peppers & Onions Celery  <i>Day 4</i>	<b>April 3</b> <b>Entrée</b> Chicken Gravy Over Biscuits  <b>FEATURED VEGGIES</b> Mashed Potatoes Corn  <i>Day 5</i>	<b>April 4</b> <b>Entrée</b> Meatball Sandwich  <b>FEATURED VEGGIES</b> Green Beans Tots  <i>Day 6</i>	<b>April 5</b> <b>Entrée</b> Grilled Chicken Sandwich  <b>FEATURED VEGGIES</b> Potato Wedges Baked Beans  <i>Day 1</i>
<b>Alternative</b>				
<b>April 8</b> <b>Entrée</b> Chicken Fajitas  <b>FEATURED VEGGIES</b> Peppers & Onions Cucumbers  <i>Day 2</i>	<b>April 9</b> <b>Entrée</b> Grilled Cheese  <b>FEATURED VEGGIES</b> Tomato Soup Green Beans  <i>Day 3</i>	<b>April 10</b> <b>Entrée</b> Spaghetti w/ Meat sauce  <b>FEATURED VEGGIES</b> Side Caesar Cherry Tomatoes  <i>Day 4</i>	<b>April 11</b> <b>Entrée</b> Pulled Pork Sandwich  <b>FEATURED VEGGIES</b> Potato Wedges Baked Beans  <i>Day 5</i>	<b>April 12</b> <b>Entrée</b> Sausage Breakfast Sandwich  <b>FEATURED VEGGIES</b> Tots Celery  <i>Day 6</i>
<b>Alternative</b>				
<b>April 15</b> <b>Entrée</b> Sloppy Joe on Bun  <b>FEATURED VEGGIES</b> Oven Fries Baked Beans  <i>Day 1</i>	<b>April 16</b> <b>Entrée</b> Walking Taco w/ Roll  <b>FEATURED VEGGIES</b> Lettuce, Tomato Corn  <i>Day 2</i>	<b>April 17</b> <b>Entrée</b> Macaroni & Cheese  <b>FEATURED VEGGIES</b> Green Beans Pepper Strips  <i>Day 3</i>	<b>April 18</b> <b>Entrée</b> Asian Grilled Chicken Rice Bowl  <b>FEATURED VEGGIES</b> Carrots Broccoli  <i>Day 4</i>	<b>April 19</b> <b>Entrée</b> Open Face Turkey Sandwich w/Gravy  <b>FEATURED VEGGIES</b> Mashed Potatoes Corn  <i>Day 5</i>
<b>Alternative</b>				
<b>April 22</b> <b>Entrée</b> Turkey Noodle Soup  <b>FEATURED VEGGIES</b> Peas Carrots  <i>Day 6</i>	<b>April 23</b>  <b>No School For For Students</b>  <b>Primary Election Day</b>	<b>April 24</b> <b>Entrée</b> Pizza Casserole  <b>FEATURED VEGGIES</b> Side Salad Green Beans  <i>Day 1</i>	<b>April 25</b> <b>Entrée</b> Hot Dog/Chili Dog on Roll  <b>FEATURED VEGGIES</b> Potato Wedges Baked Beans  <i>Day 2</i>	<b>April 26</b> <b>Entrée</b> Egg and Cheese Sandwich  <b>FEATURED VEGGIES</b> Tots Cherry Tomatoes  <i>Day 3</i>
<b>Alternative</b>				
<b>April 29</b> <b>Entrée</b> Ham & Cheese on Pretzel Roll  <b>FEATURED VEGGIES</b> Potato Wedges Corn  <i>Day 4</i>	<b>April 30</b> <b>Entrée</b> Loaded Nachos (Beef and Cheddar Nachos)  <b>FEATURED VEGGIES</b> Lettuce, Tomato Cucumbers  <i>Day 5</i>	<b>Chicken Patty</b>		
<b>Alternative</b>				
		<b>Deli Sandwich</b>		