

Mifflin County School District

April 2024 High School 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
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



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