

Mifflin County School District
April 2024 Junior-High Menu

USDA is an equal opportunity provider and employer.

MONDAY

April 1

Entrée

Cheeseburger
on Roll

FEATURED VEGGIES

Fries
Cucumbers

Day 3

TUESDAY

April 2

Entrée

Beef and Cheddar
Oven Fries

FEATURED VEGGIES

Peppers & Onions
Celery

Day 4

WEDNESDAY

April 3

Entrée

Chicken Gravy
Over Biscuits

FEATURED VEGGIES

Mashed Potatoes
Corn

Day 5

THURSDAY

April 4

Entrée

Meatball
Sandwich

FEATURED VEGGIES

Green Beans
Tots

Day 6

FRIDAY

April 5

Entrée

Grilled Chicken
Sandwich

FEATURED VEGGIES

Potato Wedges
Baked Beans

Day 1

April 8

Entrée

Grilled
Cheese

FEATURED VEGGIES

Tomato Soup
Green Beans

Day 2

April 9

Entrée

Pulled Pork
Sandwich

FEATURED VEGGIES

Oven Fries
Cucumbers

Day 3

April 10

Entrée

Spaghetti
w/ Meat sauce

FEATURED VEGGIES

Side Caesar
Cherry Tomatoes

Day 4

April 11

Entrée

Chicken Nuggets
w/ Buttered Noodles

FEATURED VEGGIES

Potato Wedges
Baked Beans

Day 5

April 12

Entrée

Sausage Breakfast
Sandwich

FEATURED VEGGIES

Tots
Celery

Day 6

April 15

Entrée

Hot Dog
on Roll

FEATURED VEGGIES

Potato Wedges
Baked Beans

Day 1

April 16

Entrée

Walking Taco
w/ Roll

FEATURED VEGGIES

Lettuce, Tomato
Corn

Day 2

April 17

Entrée

Macaroni
& Cheese

FEATURED VEGGIES

Green Beans
Pepper Strips

Day 3

April 18

Entrée

Asian Grilled Chicken
Rice Bowl

FEATURED VEGGIES

Carrots
Broccoli

Day 4

April 19

Entrée

Open Face
Turkey Sandwich w/Gravy

FEATURED VEGGIES

Mashed Potatoes
Corn

Day 5

April 22

Entrée

Turkey Noodle
Soup

FEATURED VEGGIES

Peas
Carrots

Day 6

April 23

**No School For
For
Students**

**Primary Election
Day**

April 24

Entrée

Pizza
Casserole

FEATURED VEGGIES

Side Salad
Green Beans

Day 1

April 25

Entrée

Sloppy Joe
on Bun

FEATURED VEGGIES

Oven Fries
Baked Beans

Day 2

April 26

Entrée

Egg and Cheese
Sandwich

FEATURED VEGGIES

Tots
Cherry Tomatoes

Day 3

April 29

Entrée

Ham & Cheese
on Pretzel Roll

FEATURED VEGGIES

Potato Wedges
Corn

Day 4

April 30

Entrée

Loaded Nachos
(Beef and Cheddar Nachos)

FEATURED VEGGIES

Lettuce, Tomato
Cucumbers

Day 5

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:

Pizza, Chicken Patty, Cheeseburgers

Premium Salads and/or Salad Bar

"The Menu is subject to change based on product availability."

Lunch Prices:

Student: \$3.00

Student Reduced: \$.40

Questions, Please Contact
"Food Service Director"
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