USDA is an equal opportunity provider and employer

Mifflin County School District

May 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
		May 1 Deli Turkey Sandwich GF Bread Chips, Baby Carrots	***May 2*** Cheeseburger Mac GF Pasta Baked Beans, Celery	***May 3*** Gluten Free Pizza Side Caesar, Corn
May 6 Grilled Cheese on GF Bread GF Tomato soup Green Beans	***May 7*** Hard Tacos w/GF Roll Lettuce, Tomato Corn	***May 8*** GF Pasta w/Meat Sauce Side Caesar Broccoli	***May 9*** Sloppy Joe GF Roll Potato Wedges Baked Beans	***May 10*** Sausage Breakfast Sandwich GF Roll Side Salad Corn
May 13 Hot Dog GF Bun Oven Fries Beans	***May 14*** Walking Taco Lettuce, Tomato, and Salsa & Corn	***May 15*** Chicken Corn Chowder w/ Peanut Butter Sandwich GF Bread Green Beans, Peppers	***May 16*** Grilled Chicken Sandwich w/ GF Roll Mashed Potatoes Corn	***May 17*** Beefy Macaroni (Goulash) GF Pasta Side Salad Broccoli
May 20 Chicken Gravy Over GF Bread Side Salad Green Beans	***May 21*** Loaded Nachos Taco Beef & Cheddar Lettuce ,Tomato Corn	***May 22*** GF Pasta w/Meat Sauce Side Caesar Broccoli	***May 23*** Chicken Noodle Soup GF Pasta w/ Peanut Butter Sandwich Carrots Peppers	***May 24*** Egg and Cheese Sandwich GF Roll, w/Sausage Tots Cucumbers
May 27 **No School** **Memorial Day**	***May 28*** Beef and Cheddar Fries Peppers & Onions Celery	***May 29*** GF Chicken Tenders Side Salad Fries	***May 30*** **Chef's Choice**	***May 31*** **Chef's Choice**