

Mifflin County School District

May 2024 Academy Menu

USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		May 1 Entrée Turkey Club Sandwich FEATURED VEGGIES Chips Baby Carrots Day 6	May 2 Entrée Cheeseburger Mac & Cheese FEATURED VEGGIES Baked Beans Celery Day 1	May 3 Entrée Buffalo Chicken Dip w/Chips FEATURED VEGGIES Side Caesar Cucumber Day 2
	<i>Alternative:</i>	<i>Cheeseburger</i>		
May 6 Entrée Grilled Cheese FEATURED VEGGIES Tomato Soup Green Beans Day 3	May 7 Entrée Chicken Fajitas FEATURED VEGGIES Peppers & Onions Corn Day 4	May 8 Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Caesar Broccoli Day 5	May 9 Entrée Sloppy Joe on Roll FEATURED VEGGIES Potato Wedges Baked Beans Day 6	May 10 Entrée Maxi Sticks w/sauce FEATURED VEGGIES Side Salad Corn Day 1
	<i>Alternative:</i>	<i>Peanut Butter Sandwich</i>		
May 13 Entrée Hot Dog/Chili Dog on Roll FEATURED VEGGIES Oven Fries Baked Beans Day 2	May 14 Entrée Walking Taco w/ Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 3	May 15 Entrée Chicken Corn Chowder w/Peanut Butter Sandwich FEATURED VEGGIES Green Beans Pepper Strips Day 4	May 16 Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Broccoli Day 5	May 17 Entrée Popcorn Chicken Bowl w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 6
	<i>Alternative:</i>	<i>Deli Sandwich</i>		
May 20 Entrée Chicken Gravy Over Biscuits FEATURED VEGGIES Side Salad Green Beans Day 1	May 21 Entrée Loaded Nachos (Taco Beef & Cheddar) FEATURED VEGGIES Lettuce, Tomato Corn Day 2	May 22 Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Caesar Broccoli Day 3	May 23 Entrée Chicken Noodle Soup w/ Peanut Butter Sandwich FEATURED VEGGIES Carrots Peppers Day 4	May 24 Entrée Pancakes w/ Sausage FEATURED VEGGIES Tots Cucumber Day 5
	<i>Alternative:</i>	<i>Spicy Chicken Patty</i>		
May 27 No School Memorial Day	May 28 Entrée Hard Tacos w/Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 6	May 29 Entrée Chicken Alfredo w/Breadstick FEATURED VEGGIES Broccoli Side Caesar Day 1	May 30 Entrée Chef's Choice Day 2	May 31 Entrée Chef's Choice Day 3
	<i>Alternative:</i>	<i>Chef's Choice</i>		

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:
 Fresh Entree Salad of the Week
 Craveable of the Week which could include:
 Nacho with Chips and Salsa, Cheese stick and Crackers, Breadstick Dipper, and more..

"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
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