



Mifflin County School District

May 2024 Elementary-Intermediate Menu

USDA is an equal opportunity provider and employer.					
<p>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</p> <p>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</p> <p>Featured Fruit May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges</p> <p>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..</p> <p>"The Menu is subject to change based on product availability."</p> <p>Lunch Prices: Student: \$2.85 Student Reduced: \$.40</p> <p>Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org</p> <p> </p>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<u>May 1</u> Entrée Deli Turkey Sandwich FEATURED VEGGIES Chips Baby Carrots Day 6	<u>May 2</u> Entrée Cheeseburger Mac & Cheese FEATURED VEGGIES Baked Beans Celery Day 1	<u>May 3</u> Entrée Cheese Pizza FEATURED VEGGIES Side Caesar Corn Day 2	
	<i>Alternatives:</i>	<i>Italian Craveable</i>	<i>or Chicken Caesar Salad</i>		
<u>May 6</u> Entrée Grilled Cheese FEATURED VEGGIES Tomato Soup Green Beans Day 3	<u>May 7</u> Entrée Hard Tacos w/Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 4	<u>May 8</u> Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Caesar Broccoli Day 5	<u>May 9</u> Entrée Sloppy Joe on Roll FEATURED VEGGIES Potato Wedges Baked Beans Day 6	<u>May 10</u> Entrée Maxi Sticks w/sauce FEATURED VEGGIES Side Salad Corn Day 1	
	<i>Alternatives:</i>	<i>Nacho Craveable</i>	<i>or Crispy Chicken Salad</i>		
<u>May 13</u> Entrée Hot Dog on Roll FEATURED VEGGIES Oven Fries Baked Beans Day 2	<u>May 14</u> Entrée Walking Taco w/ Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 3	<u>May 15</u> Entrée Chicken Corn Chowder w/ Peanut Butter Sandwich FEATURED VEGGIES Green Beans Pepper Strips Day 4	<u>May 16</u> Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 5	<u>May 17</u> Entrée Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Broccoli Day 6	
	<i>Alternatives:</i>	<i>Breadstick Craveable</i>	<i>or Chef Salad</i>		
<u>May 20</u> Entrée Chicken Gravy Over Biscuits FEATURED VEGGIES Side Salad Green Beans Day 1	<u>May 21</u> Entrée Loaded Nachos (Taco Beef & Cheddar) FEATURED VEGGIES Lettuce, Tomato Corn Day 2	<u>May 22</u> Entrée Spaghetti w/ Meat sauce Breadstick FEATURED VEGGIES Side Caesar Broccoli Day 3	<u>May 23</u> Entrée Chicken Noodle Soup w/ Peanut Butter Sandwich FEATURED VEGGIES Carrots Peppers Day 4	<u>May 24</u> Entrée Pancakes w/ Sausage FEATURED VEGGIES Tots Cucumber Day 5	
	<i>Alternatives:</i>	<i>PB&J Craveable</i>	<i>or Chicken Caesar Salad</i>		
<u>May 27</u> No School Memorial Day	<u>May 28</u> Entrée Beef and Cheddar Oven Fries FEATURED VEGGIES Peppers & Onions Celery Day 6	<u>May 29</u> Entrée Chicken Patty On Roll FEATURED VEGGIES Side Salad Fries Day 1	<u>May 30</u> Entrée Chef's Choice Day 2	<u>May 31</u> Entrée Chef's Choice Day 3	
	<i>Alternatives:</i>	<i>Craveable Chef's Choice</i>	<i>or Chef's Choice Salad</i>		