

Mifflin County School District

May 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:
 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
 717-248-0148
 Ext. 2514
rd02@mcsdk12.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>May 1</u> Entrée Turkey Club 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 Buffalo Chicken Dip w/Chips FEATURED VEGGIES Side Caesar Cucumber Day 2
<u>May 6</u> Entrée Grilled Cheese FEATURED VEGGIES Tomato Soup Green Beans Day 3	<u>May 7</u> Entrée Chicken Fajitas FEATURED VEGGIES Peppers & Onions 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
<u>May 13</u> Entrée Hot Dog/Chili 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 Beefy Macaroni (Goulash) FEATURED VEGGIES Side Salad Broccoli Day 5	<u>May 17</u> Entrée Popcorn Chicken Bowl w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 6
<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
<u>May 27</u> No School Memorial Day	<u>May 28</u> Entrée Hard Tacos w/Roll FEATURED VEGGIES Lettuce, Tomato Corn Day 6	<u>May 29</u> Entrée Chicken Alfredo w/Breadstick FEATURED VEGGIES Broccoli Side Caesar Day 1	<u>May 30</u> Entrée Chef's Choice Day 2	<u>May 31</u> Entrée Chef's Choice Day 3