

Mifflin County School District

May 2024 Junior High Menu

USDA is an equal opportunity provider and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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



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