
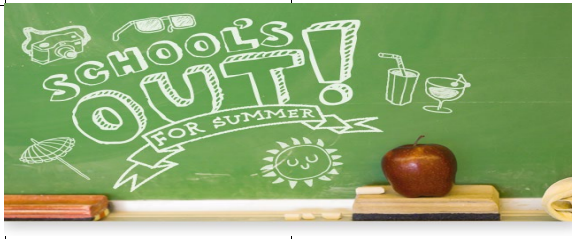


Mifflin County School District
May 2025 Academy

| USDA is an equal opportunity provider and employer. | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|---|
| <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 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: Chicken Patty, Cheeseburgers, Deli Sandwiches, Pizza Premium Salads, or Salad Bar..etc</p> <p>"The Menu is subject to change based on product availability."</p> <p>Lunch Prices: Student: \$3.00 Student Reduced: \$.40</p> <p>Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 rd02@mcsdk12.org</p> <p> Metz CULINARY MANAGEMENT</p> | | | | <p><u>May 1</u> Entrée Grilled Chicken Club Sandwich</p> <p>FEATURED VEGGIES Fries Cucumber</p> <p align="right">Day 6</p> | <p><u>May 2</u> Entrée Ham, Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Tots Green Beans</p> <p align="right">Day 1</p> |
| | <p><u>May 5</u> Entrée Chicken Gravy w/ Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p> <p align="right">Day 2</p> | <p align="center">Alternative</p> <p><u>May 6</u> Entrée Walking Taco w/Roll</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato</p> <p align="right">Day 3</p> | <p align="center">Chicken Patty</p> <p><u>May 7</u> Entrée Chicken Noodle Soup w/ Peanut Butter Sandwich</p> <p>FEATURED VEGGIES Pepper Strips Steamed Broccoli</p> <p align="right">Day 4</p> | <p><u>May 8</u> Entrée Spaghetti w/ Meat Sauce Breadstick</p> <p>FEATURED VEGGIES Green Bean Baby Carrot</p> <p align="right">Day 5</p> | <p><u>May 9</u> Entrée Buffalo Chicken Flatbread</p> <p>FEATURED VEGGIES Cucumber Corn</p> <p align="right">Day 6</p> |
| | <p><u>May 12</u> Entrée General Tso Chicken w/Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Celery</p> <p align="right">Day 1</p> | <p align="center">Alternative</p> <p><u>May 13</u> Entrée Hard or Soft Beef Taco</p> <p>FEATURED VEGGIES Onions & Peppers Lettuce & Tomato</p> <p align="right">Day 2</p> | <p align="center">Deli Turkey Sandwich</p> <p><u>May 14</u> Entrée Spicy Chicken Patty</p> <p>FEATURED VEGGIES Corn Cucumber</p> <p align="right">Day 3</p> | <p><u>May 15</u> Entrée Grilled Cheese Tomato Soup</p> <p>FEATURED VEGGIES Green Beans Baby Carrots</p> <p align="right">Day 4</p> | <p><u>May 16</u> Entrée Chicken Quesadilla</p> <p>FEATURED VEGGIES Onions & Peppers Lettuce & Tomato</p> <p align="right">Day 5</p> |
| | <p><u>May 19</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 6</p> | <p><u>May 20</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 1</p> | <p><u>May 21</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 2</p> | <p><u>May 22</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 3</p> | <p><u>May 23</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 4</p> |
| | <p><u>May 26</u> Entrée</p> <p align="center">No School Memorial Day</p> <p align="right">Day 5</p> | <p align="center">Alternative</p> <p><u>May 27</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 6</p> | <p align="center">Chef's Choice</p> <p><u>May 28</u> Entrée</p> <p align="center">Chef's Choice</p> <p align="right">Day 6</p> |  | |
| | | <p align="center">Alternative</p> | <p align="center">Chef's Choice</p> | | |