

Mifflin County School District
May 2025 High School

USDA is an equal opportunity provider and employer.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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:
Chicken Patty, Cheeseburgers, Deli Sandwiches, Pizza
Premium Salads, or Salad Bar..etc

"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



May 1
Entrée
Grilled Chicken
Club Sandwich

FEATURED VEGGIES
Fries
Cucumber

Day 6

May 2
Entrée
Ham, Egg & Cheese
Sandwich

FEATURED VEGGIES
Tots
Green Beans

Day 1

May 5
Entrée
Chicken Gravy
w/ Biscuits

FEATURED VEGGIES
Mashed Potatoes
Corn

Day 2

May 6
Entrée
Walking
Taco
w/Roll

FEATURED VEGGIES
Corn
Lettuce & Tomato

Day 3

May 7
Entrée
Chicken Noodle Soup
w/ Peanut Butter
Sandwich

FEATURED VEGGIES
Pepper Strips
Steamed Broccoli

Day 4

May 8
Entrée
Spaghetti
w/ Meat Sauce
Breadstick

FEATURED VEGGIES
Green Bean
Baby Carrot

Day 5

May 9
Entrée
Buffalo
Chicken
Flatbread

FEATURED VEGGIES
Cucumber
Corn

Day 6

May 12
Entrée
General Tso
Chicken
w/Rice

FEATURED VEGGIES
Steamed Broccoli
Celery

Day 1

May 13
Entrée
Hard or Soft
Beef Taco

FEATURED VEGGIES
Onions & Peppers
Lettuce & Tomato
Chef's Choice Veg

Day 2

May 14
Entrée
Italian
Stromboli

FEATURED VEGGIES
Chips
Cucumber

Day 3

May 15
Entrée
Grilled Cheese
Tomato Soup

FEATURED VEGGIES
Green Beans
Baby Carrots

Day 4

May 16
Entrée
Chicken
Quesadilla

FEATURED VEGGIES
Onions & Peppers
Lettuce & Tomato
Chef's Choice Veg

Day 5

May 19
Entrée

Chef's Choice

Day 6

May 20
Entrée

Chef's Choice

Day 1

May 21
Entrée

Chef's Choice

Day 2

May 22
Entrée

Chef's Choice

Day 3

May 23
Entrée

Chef's Choice

Day 4

May 26
Entrée

No School Memorial Day

Day 6

May 27
Entrée

Chef's Choice

Day 5

May 28
Entrée

Chef's Choice

Day 6

