



# Mifflin County School District

## May 2025 Junior High

USDA is an equal opportunity provider and employer.		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. Minimum of 1/2 cup <b>serving</b> 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><b>Weekly Vegetable Subgroups May include:</b> 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 <b>Featured Fruit May include:</b> oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges</p> <p><b>Leave Your Lunch Box at Home</b> <b>Daily alternatives May include:</b> 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><b>Lunch Prices:</b> Student: \$3.00 Student Reduced: \$.40</p> <p>Questions, Please Contact "Food Service Director" Bob DuFour 717-248-0148 Ext. 2514 <a href="mailto:rd02@mcsdk12.org">rd02@mcsdk12.org</a></p> <p> </p>					<p><u>May 1</u> <b>Entrée</b> Beefy Macaroni <b>(Goulash)</b> Breadstick <b>FEATURED VEGGIES</b> Side Salad Steamed Broccoli Day 6</p>	<p><u>May 2</u> <b>Entrée</b> Ham, Egg &amp; Cheese Sandwich <b>FEATURED VEGGIES</b> Tots Green Beans Day 1</p>
		<p><u>May 5</u> <b>Entrée</b> Chili Cheese Hot Dogs <b>FEATURED VEGGIES</b> Fries Celery Day 2</p>	<p><u>May 6</u> <b>Entrée</b> Walking Taco w/Roll <b>FEATURED VEGGIES</b> Corn Lettuce &amp; Tomato Day 3</p>	<p><u>May 7</u> <b>Entrée</b> Chicken Quesadilla <b>FEATURED VEGGIES</b> Pepper Strips Steamed Broccoli Day 4</p>	<p><u>May 8</u> <b>Entrée</b> Spaghetti w/ Meat Sauce Breadstick <b>FEATURED VEGGIES</b> Green Bean Baby Carrot Day 5</p>	<p><u>May 9</u> <b>Entrée</b> Cheese Pizza <b>FEATURED VEGGIES</b> Cucumber Corn Day 6</p>
		<p><u>May 12</u> <b>Entrée</b> General Tso Grilled Chicken w/Rice <b>FEATURED VEGGIES</b> Steamed Broccoli Celery Day 1</p>	<p><u>May 13</u> <b>Entrée</b> Pulled Pork Nachos <b>FEATURED VEGGIES</b> Lettuce &amp; Tomato Corn Day 2</p>	<p><u>May 14</u> <b>Entrée</b> Grilled Ham &amp; Cheese Tomato Soup <b>FEATURED VEGGIES</b> Green Beans Baby Carrots Day 3</p>	<p><u>May 15</u> <b>Entrée</b> French Toast Sticks w/ Sausage <b>FEATURED VEGGIES</b> Tots Cucumber Day 4</p>	<p><u>May 16</u> <b>Entrée</b> Chicken Fajita Bowl <b>FEATURED VEGGIES</b> Onions &amp; Peppers Lettuce &amp; Tomato Day 5</p>
		<p><u>May 19</u> <b>Entrée</b> <b>Chef's Choice</b> Day 6</p>	<p><u>May 20</u> <b>Entrée</b> <b>Chef's Choice</b> Day 1</p>	<p><u>May 21</u> <b>Entrée</b> <b>Chef's Choice</b> Day 2</p>	<p><u>May 22</u> <b>Entrée</b> <b>Chef's Choice</b> Day 3</p>	<p><u>May 23</u> <b>Entrée</b> <b>Chef's Choice</b> Day 4</p>
		<p><u>May 26</u> <b>Entrée</b> <b>No School Memorial Day</b> Day 5</p>	<p><u>May 27</u> <b>Entrée</b> <b>Chef's Choice</b> Day 5</p>	<p><u>May 28</u> <b>Entrée</b> <b>Chef's Choice</b> Day 6</p>	