




Mifflin County School District
May 2025 Middle School

	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, 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> fresh - made - goodness - to - go</p> <p></p>				<p><u>May 1</u> Entrée Beefy Macaroni (Goulash) Breadstick FEATURED VEGGIES Side Salad Steamed Broccoli Day 6</p>	<p><u>May 2</u> Entrée Ham, Egg & Cheese Sandwich FEATURED VEGGIES Tots Green Beans Day 1</p>
		Alternatives:	Grilled Chicken Sandwich	or Chicken Caesar Salad	.
	<p><u>May 5</u> Entrée Chili Cheese Hot Dogs FEATURED VEGGIES Fries Celery Day 2</p>	<p><u>May 6</u> Entrée Walking Taco w/Roll FEATURED VEGGIES Corn Lettuce & Tomato Day 3</p>	<p><u>May 7</u> Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Tots Steamed Broccoli Day 4</p>	<p><u>May 8</u> Entrée Spaghetti w/ Meat Sauce Breadstick FEATURED VEGGIES Green Bean Baby Carrot Day 5</p>	<p><u>May 9</u> Entrée BBQ Pulled Pork Sandwich FEATURED VEGGIES Cucumber Corn Day 6</p>
		Alternatives:	Deli Sandwich	or Chef Salad	
	<p><u>May 12</u> Entrée General Tso Grilled Chicken w/Rice FEATURED VEGGIES Steamed Broccoli Celery Day 1</p>	<p><u>May 13</u> Entrée Nachos Grande FEATURED VEGGIES Lettuce & Tomato Corn Day 2</p>	<p><u>May 14</u> Entrée Grilled Ham & Cheese Tomato Soup FEATURED VEGGIES Green Beans Baby Carrots Day 3</p>	<p><u>May 15</u> Entrée Fish Sticks FEATURED VEGGIES Tots Cucumber Day 4</p>	<p><u>May 16</u> Entrée Chicken Fajita Bowl w/ Rice FEATURED VEGGIES Onions & Peppers Lettuce & Tomato Day 5</p>
		Alternatives:	Hamburger	or Crispy Chicken Salad	
	<p><u>May 19</u> Entrée Chef's Choice Day 6</p>	<p><u>May 20</u> Entrée Chef's Choice Day 1</p>	<p><u>May 21</u> Entrée Chef's Choice Day 2</p>	<p><u>May 22</u> Entrée Chef's Choice Day 3</p>	<p><u>May 23</u> Entrée Chef's Choice Day 4</p>
		Alternatives:	Chef's Choice		
	<p><u>May 26</u> Entrée No School Memorial Day Day 5</p>	<p><u>May 27</u> Entrée Chef's Choice Day 5</p>	<p><u>May 28</u> Entrée Chef's Choice Day 6</p>		
		Alternatives:	Chef's Choice		