

Mifflin County School District
August 2025 Academy Menu

USDA is an equal opportunity provider and employer.

MONDAY

August 26

Entrée

Chili Dog
on Roll

FEATURED VEGGIES

Tots
Baked Beans

Day 2

TUESDAY

August 27

Entrée

Walking Taco
w/ Roll

FEATURED VEGGIES

Lettuce, Tomato
Corn

Day 3

WEDNESDAY

August 28

Entrée

Grilled Cheese
w/Tomato Soup

FEATURED VEGGIES

Peas
Baby Carrots

Day 4

THURSDAY

August 29

Entrée

Cheese Steak
Sandwich

FEATURED VEGGIES

Fries
Peppers & Onions

Day 5

FRIDAY

August 30

No School

Act 80 Day

Day 6

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

"The Menu is subject to change based on product availability."

Lunch Prices:

Student: \$3.10

Student Reduced: \$.40

Questions, Please Contact

"Food Service Director"

Bob DuFour

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cheffresh
 fresh - made - goodness - to - go

