

Mifflin County School District
August 2025 High School Lunch 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 Pate, Cheeseburgers, Deli Sandwiches, Chicken Wings, Deli Craveables with the Meal which could include:

Premium Salads and Salad Bsr..etc.
Nacho with Chips and Salsa, Cheese stick and Crackers, Breadstick Dipper, and more..

"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

Metz
CULINARY