

Mifflin County School District
September 2025 Elementary-Intermediate Lunch Menu

USDA is an equal opportunity provider and employer.

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:
 Fresh Entree Salad of the Week
 Craveable of the Week which could include:
 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: \$3.00
Student Reduced: \$.40

Questions, Please Contact
 "Food Service Director"
 Bob DuFour
 717-248-0148
 Ext. 2514
rd02@mcsdk12.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 1 No School Labor Day	September 2 Entrée Sloppy Joe On Roll FEATURED VEGGIES Tots Corn Day 1	September 3 Entrée Spaghetti w/ Meat Sauce Breadstick FEATURED VEGGIES Side Caesar Broccoli Day 2	September 4 Entrée Corn Dog FEATURED VEGGIES Fries Baked Beans Day 3	September 5 Entrée Egg & Cheese Sandwich FEATURED VEGGIES Hash Brwon Baby Carrots Day 4
Alternatives: September 8 Entrée Grilled Chicken Strips w/ Asian Sesame Sauce w/Rice FEATURED VEGGIES Broccoli Green Pepepr Strips Day 5				
Alternatives: September 9 Entrée Taco Fries (Fries with Taco Meat) FEATURED VEGGIES Lettuce, Tomato Corn Day 6				
Nacho Craveable September 10 Entrée Ham & Cheese Pretzel Sandwich FEATURED VEGGIES Tots Baked Beans Day 1				
Chicken Caesar Salad w/ Roll September 11 Entrée Meatball Sandwich FEATURED VEGGIES Green Beans Buttered Noodles Day 2				
September 12 Entrée Maxi Sticks w/sauce FEATURED VEGGIES Side Salad Corn Day 3				
Alternatives: September 15 Entrée Chicken Patty Sandwich FEATURED VEGGIES Fries Green Beans Day 4				
Alternatives: September 16 Entrée Chicken & Cheese Quesadilla FEATURED VEGGIES Lettuce, Tomato Green Pepper Strips Day 5				
Breadstick Craveable September 17 Entrée Penne w/Meat Sauce Breadstick FEATURED VEGGIES Side Salad Broccoli Day 6				
Crispy Chicken Salad w/ Roll September 18 Entrée Popcorn Chicken w/Roll FEATURED VEGGIES Mashed Potatoes Corn Day 1				
September 19 Entrée Pancakes w/Sausage FEATURED VEGGIES Tots Baby Carrots Day 2				
Alternatives: September 22 Entrée Cheeseburger on Bun FEATURED VEGGIES Fries Baked Beans Day 3				
Alternatives: September 23 Entrée Loaded Nachos (Beef Nachos) FEATURED VEGGIES Lettuce, Tomato Corn Day 4				
PBJ Craveable September 24 Entrée Chicken Gravy over Bread FEATURED VEGGIES Mashed Potatoes Green Beans Day 5				
Italian Craveable September 25 Entrée Chicken Alfredo Breadstick FEATURED VEGGIES Broccoli Cucumber Day 6				
September 26 Entrée Cheese Pizza FEATURED VEGGIES Celery Cherry Tomatoes Day 1				
Alternatives: September 29 Entrée Chicken Patty FEATURED VEGGIES Baby Carrots Broccoli Day 2				
Alternatives: September 30 Entrée Chicken Nachos FEATURED VEGGIES Lettuce & Tomato Corn Day 3				
Soft Pretzel Cravable Garden Entree Salad w/ Gold Fish and Roll				