

**Mifflin County School District**  
**September 2025 High School Lunch Menu**

USDA is an equal opportunity provider and employer.

**MONDAY**

September 1

**No School**

**Labor Day**

**TUESDAY**

September 2

**Entrée**  
Sloppy Joe  
on Roll

**FEATURED VEGGIES**

Tots  
Corn

Day 1

**WEDNESDAY**

September 3

**Entrée**  
Spaghetti  
w/ Meat sauce  
Breadstick

**FEATURED VEGGIES**

Side Caesar  
Broccoli

Day 2

**THURSDAY**

September 4

**Entrée**  
Corn  
Dog

**FEATURED VEGGIES**

Fries  
Baked Beans

Day 3

**FRIDAY**

September 5

**Entrée**  
Egg and Cheese  
Sandwich

**FEATURED VEGGIES**

Hash Brown  
Baby Carrots

Day 4

September 8

**Entrée**  
Grilled Chicken Strips  
w/ Asian Sesame Sauce  
w/Rice

**FEATURED VEGGIES**

Broccoli  
Cucumbers

Day 5

September 9

**Entrée**  
Taco Fries  
(Fries with Taco Meat)

**FEATURED VEGGIES**

Lettuce, Tomato  
Corn

Day 6

September 10

**Entrée**  
Ham & Cheese  
Pretzel Sandwich

**FEATURED VEGGIES**

Tots  
Baked Beans

Day 1

September 11

**Entrée**  
Grilled Chicken  
Sandwich

**FEATURED VEGGIES**

Green Beans  
Buttered Noodles

Day 2

September 12

**Entrée**  
Maxi Sticks  
w/sauce

**FEATURED VEGGIES**

Side Salad  
Corn

Day 3

September 15

**Entrée**  
Chicken Patty  
Waffle Sandwich

**FEATURED VEGGIES**

Buttered Noodles  
Green Beans

Day 4

September 16

**Entrée**  
Chicken  
Fajitas

**FEATURED VEGGIES**

Peppers & Onions  
Lettuce, Tomato

Day 5

September 17

**Entrée**  
Popcorn Chicken Bowl  
w/Gravy

**FEATURED VEGGIES**

Mashed Potatoes  
Corn

Day 6

September 18

**Entrée**  
Pasta Rotini  
w/Meat Sauce  
Breadstick

**FEATURED VEGGIES**

Side Salad  
Broccoli

Day 1

September 19

**Entrée**  
Pancakes  
w/Sausage

**FEATURED VEGGIES**

Tots  
Baby Carrots

Day 2

September 22

**Entrée**  
Cowboy Burger  
on Bun

**FEATURED VEGGIES**

Fries  
Baked Beans

Day 3

September 23

**Entrée**  
Loaded Nachos  
(Beef Nachos)

**FEATURED VEGGIES**

Lettuce, Tomato  
Corn

Day 4

September 24

**Entrée**  
Chicken w/ Gravy  
over Bread

**FEATURED VEGGIES**

Mashed Potatoes  
Green Beans

Day 5

September 25

**Entrée**  
Chicken  
Stir Fry w/Rice

**FEATURED VEGGIES**

Peppers & Onions  
Broccoli

Day 6

September 26

**Entrée**  
Pulled Pork  
Sandwich

**FEATURED VEGGIES**

Cole Slaw  
Baby Carrots

Day 1

September 29

**Entrée**  
Spicy Chicken  
Patty

**FEATURED VEGGIES**

Side Salad  
Mixed Veg

Day 2

September 30

**Entrée**  
Mac &  
Cheese  
Baby Carrots  
Broccoli

**FEATURED VEGGIES**

Day 3

**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, or Salad Bar..etc.**

"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  
 717-248-0148  
 Ext. 2514  
[rd02@mcsdk12.org](mailto:rd02@mcsdk12.org)

