

Mifflin County School District

September 2025 Junior 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 & Cheese
Sandwich

FEATURED VEGGIES

Hash Brwon
Baby Carrots

Day 4

September 8

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

FEATURED VEGGIES

Broccoli
Green Pepepr Strips

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
Meatball
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

Lettuce, Tomato
Peppers and Onions

Day 5

September 17

Entrée
Penne
w/Meat Sauce
Breadstick

FEATURED VEGGIES

Side Salad
Broccoli

Day 6

September 18

Entrée
Popcorn
Chicken Bowl
w/ Gravy

FEATURED VEGGIES

Mashed Potatoes
Corn

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 Gravy
over Bread

FEATURED VEGGIES

Mashed Potatoes
Green Beans

Day 5

September 25

Entrée
Chicken
Alfredo
Breadstick

FEATURED VEGGIES

Broccoli
Cucumber

Day 6

September 26

Entrée
Pizza
Crunchers

FEATURED VEGGIES

Celery
Cherry Tomatoes

Day 1

September 29

Entrée
Chicken
Patty

FEATURED VEGGIES

Baby Carrots
Broccoli

Day 2

September 30

Entrée
Chicken
Nachos

FEATURED VEGGIES

Lettuce & Tomato
Corn

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"
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cheffresh
fresh - made - goodness - to - go

