



Mifflin County School

September Gluten Free Lunch Menu

*Menu is Subject to Change Based
Upon Product Availability*

What is a Meal?

You must choose at least 3 of the
5 components available for the school lunch
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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>September 1</u> No School Labor Day	<u>September 2</u> Sloppy Joe on GF Roll Tots, Corn	<u>September 3</u> GF Pasta w/ Meat Sauce Side Caesar, Broccoli	<u>September 4</u> Grilled Chick Salad GF Roll, GF Dressing	<u>September 5</u> Egg & Cheese GF Roll, Tots, Baby Carrot
<u>September 8</u> Chick Strips Asian Sauce/ Rice, Gr Pep Strips, Broc	<u>September 9</u> Taco Fries Lettuce, Tomato, Corn	<u>September 10</u> Deli Ham GF Roll Tots, Baked Beans	<u>September 11</u> Grilled Chick Sand GGr Bean, GF Butter Pasta	<u>September 12</u> Grilled Chicken Salad GF Roll, GF Dressing
<u>September 15</u> GF Chicken Tenders GF Roll, Gr Bean, Fries	<u>September 16</u> Chick & Cheese Nachos, Lett & Tom, Pepp Strips	<u>September 17</u> GF Pasta w/Meat Sauce Side Salad, Broc	<u>September 18</u> Grilled Chicken GF Gravy, Mash Pot, Corn	<u>September 19</u> Sausage Break Sand GF Roll, Tots, Baby Carrots
<u>September 22</u> Cheeseburger on GF Roll Fries, Beans	<u>September 23</u> Beef & Cheddar Nachos Lettuce & Tomato Corn	<u>September 24</u> Chicken Gravy Over GF Bread Mash Pot Gr Beans	<u>September 25</u> Gf Pasta Chick Alfredo Broccoli, Cucumbers	<u>September 26</u> Grilled Chicken Salad GF Roll, GF Dressing
<u>September 29</u> Chicken Patty GF Roll Fries, Beans	<u>September 30</u> Nachos Grande Corn, Celery			