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## Mifflin County School

### August 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>August 25</u> Hot Dog on GF Roll Tots, Baked Beans	<u>August 26</u> Walking Taco Lettuce Tomato, Corn	<u>August 27</u> Deli Ham Sandwich GF Bread Chips, Baby Carrots	<u>August 28</u> Cheeseburger on GF Roll Fries, Cucumber	<u>August 29</u> <b>No School</b> <b>Act 80</b> <b>Day</b>