

**Mifflin County School District**  
**November 2025 Gluten Free 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



"The Menu is subject to change based on product availability."

**Lunch Prices:**  
**Student: \$3.10 Secondary**  
**Elementary \$2.95**  
**Student Reduced: \$.40**

Questions, Please Contact  
"Food Service Director"  
Bob DuFour  
717-248-0148  
Ext. 2514  
[rd02@mcsdk12.org](mailto:rd02@mcsdk12.org)



**MONDAY**

3-Nov

**Cheeseburger  
on GF Roll**

**Broccoli  
Carrots**

*Day 3*

10-Nov

**Grilled Chicken  
Sandwich GF Roll**

**Mashed Potatoes  
Corn**

*Day 2*

17-Nov

**GF  
Chicken Tenders**

**Fries  
Red Pepper**

*Day 6*

24-Nov

**Turkey &  
Cheese GF Roll**

**Mashed Potatoes  
Corn**

*Day 5*

**TUESDAY**

4-Nov

**Nachos  
Grande**

**Lettuce & Tomato  
Corn**

*Day 4*

11-Nov

**No School  
Veterans Day**

18-Nov

**GF Pasta  
W/ Meat Sauce**

**Side Salad  
Carrots**

*Day 1*

25-Nov

**Garden Salad  
w/ GF Roll**

**GF Dressing**

*Day 6*

**WEDNESDAY**

5-Nov

**Sausage Egg  
& Cheese GF Roll**

**Tri-Taters  
Cucumber**

*Day 5*

12-Nov

**Sausage Egg  
& Cheese GF Roll**

**Hash Brown  
Celery**

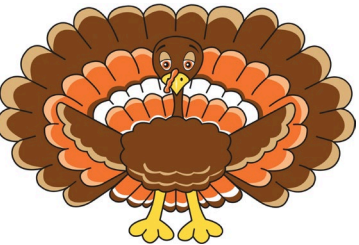
*Day 3*

19-Nov

**Holiday Meal  
Turkey with GF Gravy  
GF Roll  
Mashed Potatoes  
Corn**

*Day 2*

**NO School  
Thanksgiving  
Break**



**THURSDAY**

6-Nov

**GF Pasta  
W/ Meat Sauce**

**Side Salad  
Celery**

*Day 6*

13-Nov

**Chicken Patty  
on Bun**

**Corn  
Cucumber**

*Day 4*

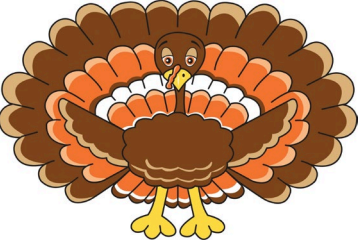
20-Nov

**Grilled Cheese  
GF Bread**

**Tomato Soup  
Cucumber**

*Day 3*

**NO School  
Thanksgiving  
Break**



**FRIDAY**

7-Nov

**Cheese  
Pizza GF Crust**

**Green Bean  
Carrots**

*Day 1*

14-Nov

**Cheese  
Pizza GF Crust**

**Celery  
Side Salad**

*Day 5*

21-Nov

**Cheese  
Pizza GF Crust**

**Celery  
Side Salad**

*Day 4*

**NO School  
Thanksgiving  
Break**

