

Mifflin County
Gluten Free
Lunch Menu

January 2026



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5	6	7	8	9
Turkey & Cheese Melt GF Roll	Chicken Nachos	Grilled Cheese Sandwich on GF Bread	Pasta & Meat Sauce GF Pasta	GF Pizza
Walking Taco Craveable	Walking Taco Craveable	Walking Taco Craveable	Walking Taco Craveable	Walking Taco Craveable
Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad)
FEATURED VEGGIES Mashed Potatoes Steamed Corn Day 3	FEATURED VEGGIES Lettuce & Tomato Black Beans Day 4	FEATURED VEGGIES Steamed Broccoli Tomato Soup Day 5	FEATURED VEGGIES Peas Caesar Side Salad Day 6	FEATURED VEGGIES Green Bean Side Salad Day 1
12	13	14	15	16
GF Chicken Tenders	Beef Nachos	Sausage Breakfast Sand GF Roll	Hot Dog GF Bun	GF Pizza
Super Fruit Craveable (V)	Super Fruit Craveable (V)	Super Fruit Craveable (V)	Super Fruit Craveable (V)	Super Fruit Craveable (V)
Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll
FEATURED VEGGIES Tater Tots Side Salad Day 2	FEATURED VEGGIES Lettuce & Tomato Peas Day 3	FEATURED VEGGIES Corn Tots Day 4	FEATURED VEGGIES Curly Fries Baked Beans Day 5	FEATURED VEGGIES Green Bean Side Salad Day 6
19	20	21	22	23
Sloppy Joe GF Roll	Walking Taco with Pretzel Stick	Cheesesteak on a Roll GF Roll	Pasta & Meatballs GF Pasta	Hot Dog GF Roll
Turkey & Cheese GF Bread	Turkey & Cheese GF Bread	Turkey & Cheese GF Bread	Turkey & Cheese GF Bread	Turkey & Cheese GF Bread
FEATURED VEGGIES Oven Fries Baked Beans Day 1	FEATURED VEGGIES Lettuce & Tomato Corn Day 2	FEATURED VEGGIES Tater Tots Baby Carrots Day 3	FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch Day 4	FEATURED VEGGIES Fries Cucumber Slices Day 5
26	27	28	29	30
Cheeseburger Gf Roll	Nachos Grande	Sausage Breakfast Sand GF Roll	Macaroni & Cheese (V Gf Pasta	Act 80 Day No School Day 4
Garden Salad	Garden Salad	Garden Salad	Garden Salad	
FEATURED VEGGIES Fries Baked Beans Day 6	FEATURED VEGGIES Lettuce & Tomato Golden Corn Day 1	FEATURED VEGGIES Tri Patty Taters Carrot Sticks Day 2	FEATURED VEGGIES Celery Steamed Broccoli Day 3	

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

-A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week

Craveables

Weekly Cold Cut Sandwiches & Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

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Meal Prices

Student Lunch \$2.95
Reduced Lunch \$.40

