Mifflin County
Academy Lunch Menu

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 ***Week Alternative: Deli Turkey*** Chili Cheese Dog **FEATURED VEGGIES** Baked Beans Fries Day 4	**3** Beef Tacos Chicken Caesar FEATURED VEGGIES Lettuce & Tomato Corn Day 5	**4** Chicken and Corn Chowder w/ Peanut Butter Sandwich FEATURED VEGGIES Celery Green Beans Day 6	**5** Sausage, Egg & Cheese Sandwich FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 1	**6** Fish Sticks w/ Mac and Cheese FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 2
9 **Week Alternative: Hamburger** Spicy Chicken Sandwich FEATURED VEGGIES Baked Beans Fries Day 3	**10** Walking Taco FEATURED VEGGIES Lettuce & Tomato Corn Day 4	**11** Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup Peas Day 5	**12** Pasta w/ Meat Sauce Breadstick FEATURED VEGGIES Green Beans Baby Carrots Day 6	**13** **Act 80 Day No School** Day 1
16 ***Week Alternative: Chicken Patty*** Buffalo Chicken Flatbread FEATURED VEGGIES Tots Gr Pepper Strips Day 2	**17** Chicken & Cheese Quesadilla ***(St. Patty's Day Treat)*** FEATURED VEGGIES Lettuce & Tomato Black Beans Day 3	**18** Cheese Pizza FEATURED VEGGIES Celery Green Beans Day 4	**19** Chicken Alfredo Breadstick FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 5	**20** Pancakes & Sausage FEATURED VEGGIES Hash Browns Baby Carrots Day 6
23 ***Week Alternative: PBJ*** Popcorn Chicken Bowl FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 1	**24** Nachos Grande FEATURED VEGGIES Lettuce & Tomato Corn Day 2	**25** Grilled Asian Chicken w /Rice FEATURED VEGGIES Steamed Broccoli Celery Day 3	**26** Ham, Egg, & Cheese Sandwich FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 4	**27** Maxi Sticks w/ Sauce FEATURED VEGGIES Green Beans Cucumbers Day 5
30 ***Week Alternative: Spicy Chicken*** Meatball Sub FEATURED VEGGIES Peas Cherry Tomatoes Day 6	**31** Cheeseburger Tots FEATURED VEGGIES Tots Baked Beans Day 1			

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 may Include:

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

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates May Include:

Fresh Entree Salad of the Week
Salad Bar, Pizza, Grill Line
Weekly Cold Cut Sandwiches & Wraps

Your Team
Bob DuFour--Food Service Director
717-248-0148 ext. 2514
ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices

Student Lunch $3.10
Reduced Lunch $.40

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.