

Mifflin County Schools

ACADEMY LUNCH MENU

September 2026



MONDAY

30

Chili Cheese
Dogs

Tots
Baked Beans

TUESDAY

1

Beef Soft
Tacos

Steamed Corn
Lettuce & Tomato

WEDNESDAY

2

Grilled Asian Sesame Chicken
over Rice

Steamed Broccoli
Carrot Sticks

THURSDAY

3

Breakfast for Lunch:
Waffles &
Sausage

Tater Triangles
Broccoli Salad

FRIDAY

4

Max Pizza Sticks
with Dipping Sauce (V)

Oven Roasted Zucchini
Cucumbers

Alternate: PBJ

7

Chicken Gravy
& Biscuit

Mashed Potatoes
Peas

8

Chicken
Fajitas

Peppers & Onions
Lettuce & Tomato

9

Pasta with Meat Sauce
Breadstick

Zesty Country Green Beans
Cucumber Slices

10

Italian Toaster
Sandwich

Curly Fries
Cole Slaw

11

Buffalo Chicken Dip
with Tortilla Chips

Celery
Corn Salad

Alternate: Hamburger

14

Breaded Chicken
Tenders

Crinkle Cut Fries
Baked Beans

15

Walking
Taco

Seasoned Black Beans
Lettuce & Tomato

16

Grilled
Cheese

Tomato Soup
Pepper Strips

17

Chicken Alfredo over Penne w/
Breadstick

Steamed Broccoli
Celery Sticks with Ranch

18

Super Italian
Sub

Green Beans
Baby Carrots

Alternate: Spicy Chicken Patty

21

Husky
Melt

Tots
Broccoli Salad

22

Popcorn Chicken
'Bowl

Corn
Mashed Potatoes/Gravy

23

Breakfast for Lunch:
French Toast Sticks
with Sausage Links

Tri Patty Taters
Carrot Sticks

24

Macaroni
& Cheese

Peas
Side Salad

25

Italian Dunkers
with Marinara (V)

Celery w/Peanut Butter
Mixed Veggies

Alternate: Deli Turkey

28

General Tso's Chicken
with Rice

Steamed Broccoli
Cucumbers

29

Beef
Enchiladas

Seasoned Black Beans
Lettuce & Tomato

30

Pasta with Meat Sauce
Breadstick

Peas
Side Salad

Alternate: Deli Ham

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

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

Lunch Prices

Student \$3.15

Available Daily

Sandwiches @ Deli and Grill
Pizza
Salads
or Salad Bar (Thursdays)

Fruit & Veggie Selection

Students may choose two ½ cup servings.

Milk Selection

Chocolate, White, Strawberry 76
Whole

Your Dining Services Team

Bob DuFour (Director of Food Service)
717-248-0148 Ext. 2514
rd02@2mcsdk12.org

Hope Baker (Fiscal Technician)
717-248-0148 Ext. 2516
hrb41@mcsdk12.org

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free |



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

