

MIFFLIN COUNTY SCHOOLS
JUNIOR HIGH LUNCH MENU
September 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

Hot Dog/Chili
Cheese Dog

Baked Beans
Tots

1

Cheese
Quesadilla

Corn
Lettuce & Tomato

2

Pasta w/
Meat sauce & Breadstick

Green Beans
Cucumbers

3

Breakfast for Lunch:
Waffles & Sausage

Tri-Taters
Pepper Strips

4

Max Pizza Sticks w/
Marinara Dipping Sauce (V)

Peas
Cucumbers

7

Popcorn Chicken
Bowl

Mashed Potatoes/Gravy
Corn

8

Beef Soft Tacos

Black Beans
Lettuce & Tomato

9

Pasta w/ Meat Sauce
Breadstick

Green Beans
Cucumbers

10

Italian Toaster
Sandwich

Curly Fries
Side Salad

11

Cowboy
Burger

Celery & Ranch Dip
Baked Beans

14

Breaded Chicken
Tenders

Crinkle Cut Fries
Chickpea Salad

15

Walking
Taco w/ Rice

Seasoned Black Beans
Lettuce & Tomato

16

Chicken Alfredo over Penne with
Breadstick

Steamed Broccoli
Celery Sticks

17

Toasted Cheese
Sandwich (V)

Tomato Soup
Green Pepper Strips

E 18

Pizza
Crunchers

Green Beans
Baby Carrots

21

Chicken
Nuggets

Fries
Cucumber Slices

22

Chicken & Cheese
Quesadilla

Corn
Lettuce & Tomato

23

Breakfast for Lunch:
French Toast Sticks
with Sausage Links

Tri-Taters
Carrot Sticks

24

Mac & Cheese
with Dinner Roll (V)

Peas
Side Caesar

25

Cheese
Stromboli

Celery & Peanut Butter
Green Beans

28

General Tso's Chicken
with Rice

Steamed Broccoli
Caesar Salad

29

Beef
Hard Tacos

Seasoned Black Beans
Lettuce & Tomato

30

Ham, Egg & Cheese on
Pretzel Roll

Hash Brown
Cucumber Slices

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

Alternative Sandwiches, Wraps or Salad and Pizza

Fruit & Veggie Selection

Students may choose two ½ cup servings.

Milk Selection

Chocolate, White, & Strawberry & 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.