

MIFFLIN COUNTY SCHOOLS
GLUTEN FREE SCHOOL LUNCH MENU

September 2026

EAT SMART
BE SMART



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

Hot Dog/Cheese Dog
GF Roll

Baked Beans 33g
Tots 16.59g

1

Grilled Cheese
On GF Bread

Corn 18.3g
Lettuce & Tomato 1.53g

2

GF Pasta w/
Meat Sauce

Green Beans 7g
Cucumbers 1.88g

3

Breakfast for Lunch:
Sausage, Egg & Cheese
On GF Roll

Tri-Taters 11g per triangle
Pepper Strips 3.97g

4

**No
School**

a

Daily Offerings: Nacho Craveable , Garden Salad with Goldfish Crackers & Dinner Roll (V)

7

**No
School**

8

Walking
Taco

Corn 18.3g
Lettuce & Tomato 1.53g

9

Seasoned Grilled Chicken
over Rice

Steamed Broccoli
Carrot Sticks 7g

10

Italian Toaster
Sandwich GF Roll

Curly Fries
Side Salad

11

GF Pizza

Celery & Ranch Dip
Baked Beans

Daily Offerings: PBJ Craveable, Chef Salad with Dinner Roll

14

Breaded Chicken
Tenders GF

Crinkle Cut Fries
Chickpea Salad

15

Walking
Taco w/ Rice

Seasoned Black Beans
Lettuce & Tomato

16

Chicken Alfredo over GF Pasta

Steamed Broccoli
Celery Sticks

17

Toasted Cheese
Sandwich (V) GF Bread

Tomato Soup
Green Pepper Strips

E 18

GF Pizza

Green Beans
Baby Carrots

Daily Offering, Italian Craveable Turkey & Cheese Wrap

21

Grilled Chicken
Sandwich

Fries
Cucumber Slices

22

Chicken
Walking Taco

Corn
Lettuce & Tomato

23

Breakfast for Lunch:
Sausage, Egg & Cheese
On GF Roll
Tri-Taters
Carrot Sticks

Hash Brown
Cucumber Slices

24

Mac & Cheese
GF Pasta)

Peas
Side Caesar

25

GF Pizza

Celery & Ranch Dip
Baked Beans

Daily Offerings: Soft Pretzel Craveable| Garden Salad with Goldfish Crackers & Dinner Roll (V)

28

Seasoned Grilled Chicken
with Rice

Steamed Broccoli
Caesar Salad

29

Hard Beef
Tacos

Seasoned Black Beans
Lettuce & Tomato

30

Ham, Egg & Cheese on
GF Roill

Hash Brown
Cucumber Slices

Daily Offerings: Breadstick Craveable| Chef Salad with Dinner Roll

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 \$X.XX
Adult \$X.XX

Available Daily

Craveables, & Salad

Fruit & Veggie Selection

Students may choose two ½ cup servings.

Milk Selection

Chocolate, White, & Strawberry

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
hbr41@mcsdk12.org

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



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

