



NOVEMBER
Mifflinburg Area Middle School
Lunch Menu



<p>Garden Salad and Assorted Fruit Juice available every day!</p>	<p align="center">Choose your Meal: Choice of Entrée - All Entrées contain the required serving of both protein and grains. Choice of up to 2 Vegetables & up to 2 Fruit. You must take at least 1 Fruit or 1 Vegetable.</p>				<p align="center">LUNCH PRICES Students - Free Adults - \$4.75 Milk - \$.50</p>
<p>Additional Entrée Choices Available Daily</p>	<p align="center">November 1</p>				
<p>Entrée Salad & Sandwich Options <i>(Assorted Variety Daily)</i></p> <p align="center">Chef Salad</p> <p>Peanut Butter and Jelly Sandwich</p> <p align="center">Ham and Cheese Sandwich</p> <p align="center">Turkey and Cheese Sandwich</p> <p>Entrée Salads are served with WG Croutons and a dinner roll. Sandwiches and wraps are made on WG Bread or Tortilla.</p>					<p>Stuffed Crust Pizza on Whole Grain Crust</p> <p align="center">-OR-</p> <p>Yogurt and Whole Grain Bagel with Peanut Butter or Cream Cheese</p> <p align="center">Steamed Cauliflower</p> <p align="center">Chilled & Fresh Fruit</p>
<p>Also available daily:</p> <p>Milk: 1%, Fat-Free, 1% Chocolate Milk</p> <p>100% Fruit Juice: Apple, Orange, Grape</p> <p>Garden Salad with assorted dressing</p>	<p align="center">November 4</p> <p>Beef and Cheddar Macaroni with Whole Grain Biscuit</p> <p align="center">-OR-</p> <p>Chicken Patty Sandwich on Whole Grain Roll</p> <p align="center">Peas</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 5</p> <p>Chicken Fajitas with Seasoned Rice</p> <p align="center">-OR-</p> <p>Hot Italian Cosmo on Whole Grain Roll</p> <p align="center">Mixed Vegetables</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 6</p> <p>Mini Corn Dogs</p> <p align="center">-OR-</p> <p>BBQ Rib Sandwich on Whole Grain Roll</p> <p align="center">Baked Beans</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 7</p> <p align="center">ACT 80 DAY NO SCHOOL FOR STUDENTS</p>	<p align="center">November 8</p> <p align="center">ACT 80 DAY NO SCHOOL FOR STUDENTS</p>
<p>A la Carte</p> <div data-bbox="147 1087 459 1209" data-label="Image"></div> <p><i>Hershey's Ice Cream novelties are available for purchase for \$1.00 each!</i></p> <p><i>Students can bring money or use their EZSchool Pay account, if funds are available.</i></p>	<p align="center">November 11</p> <p>Chicken Potato Bowl with Whole Grain Dinner Roll</p> <p align="center">-OR-</p> <p>Grilled BBQ Chicken Sandwich</p> <p align="center">Buttered Corn</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 12</p> <p>Cheeseburger on Whole Grain Roll</p> <p align="center">-OR-</p> <p>Hot Dog on Whole Grain Roll</p> <p align="center">Tater Tots</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 13</p> <p>Whole Grain Chicken Nuggets with Dinner Roll</p> <p align="center">-OR-</p> <p>Pulled Pork Sandwich with BBQ Sauce on a Whole Grain Roll</p> <p align="center">Baked Beans</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 14</p> <p align="center">Thanksgiving Dinner at School</p> <p>Roasted Turkey and Gravy, Mashed Potatoes, Buttered Corn and Pumpkin Pie</p>	<p align="center">November 15</p> <p>Pizza Bagel Bites</p> <p align="center">-OR-</p> <p>Yogurt and Whole Grain Soft Pretzel</p> <p align="center">Diced Carrots</p> <p align="center">Chilled & Fresh Fruit</p>
<div data-bbox="159 1507 443 1692" data-label="Image"></div> <p>This institution is an equal opportunity provider.</p>	<p align="center">November 18</p> <p>Asian Chicken Bowl with Brown Rice</p> <p align="center">-OR-</p> <p>BBQ Rib Sandwich on Whole Grain Roll</p> <p align="center">Steamed Broccoli</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 19</p> <p>Whole Grain Cheese Ravioli with Marinara Sauce</p> <p align="center">-OR-</p> <p>Beef BBQ Sandwich on Whole Grain Roll</p> <p align="center">Green Beans</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 20</p> <p>Whole Grain Chicken Egg Roll and Chicken Fried Rice</p> <p align="center">-OR-</p> <p>Italian Sausage Sandwich</p> <p align="center">Vegetable Stir-Fry</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 21</p> <p align="center">-OR-</p> <p>Grilled Chicken Sandwich on Whole Grain Roll</p> <p align="center">Oven-Baked French Fries</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 22</p> <p align="center">-OR-</p> <p>BBQ Chicken Pizza on Whole Grain Crust</p> <p>Yogurt and Whole Grain Bagel with Peanut Butter or Cream Cheese</p> <p align="center">Cheesy Cauliflower</p> <p align="center">Chilled & Fresh Fruit</p>
<div data-bbox="159 1507 443 1692" data-label="Image"></div> <p>This institution is an equal opportunity provider.</p>	<p align="center">November 25</p> <p>Baked Rotini with Meat Sauce with Whole Grain Breadstick</p> <p align="center">-OR-</p> <p>Meatball Hoagie</p> <p align="center">Steamed Carrots</p> <p align="center">Chilled & Fresh Fruit</p>	<p align="center">November 26</p> <p align="center">Cook's Choice of Menu</p>	<p align="center">November 27</p> <p align="center">SCHOOL CLOSED FOR THANKSGIVING BREAK</p>	<p align="center">November 28</p> <p align="center">HAPPY THANKSGIVING!</p> <div data-bbox="1133 1619 1300 1755" data-label="Image"></div>	<p align="center">November 29</p> <p align="center">SCHOOL CLOSED FOR THANKSGIVING BREAK</p>

Menu is subject to change. Assorted wraps, sandwiches, salads, hamburgers & cheeseburgers will be offered daily as a choice for the main entrée. Steamed vegetables may include: corns, peas, green beans, broccoli, mixed vegetables, cauliflower, edamame, lima beans, carrots, etc. Chilled fruit may include: peaches, pears, pineapple tidbits, mixed fruit, applesauce, mandarin oranges, strawberry cup, peach cup, fresh apple slices, bananas, oranges, etc.

ALL STUDENTS WILL RECEIVE FREE BREAKFAST AND LUNCH MEALS FOR THE 2024 – 2025 SCHOOL YEAR.