




**NOVEMBER**  
**Mifflinburg Area High School**  
**Lunch Menu**



<p><b>Garden Salad and Assorted Fruit Juice available every day!</b></p>	<p align="center"><b>Choose your Meal:</b>          Choice of Entrée - All Entrées contain the required serving of both protein and grains. Choice of up to 2 Vegetables &amp; up to 2 Fruit. You must take at least 1 Fruit or 1 Vegetable.</p>				<p align="center"><b>LUNCH PRICES</b>  <b>Students - Free</b>  <b>Adults - \$4.75</b>  <b>Milk - \$ .50</b></p>
<p><b>Additional Entrée Choices Available Daily</b></p>	<p align="center"><b>November 1</b></p>				
<p><b>Entrée Salad and Sandwich Options</b>  <i>(Assorted Variety Daily)</i></p> <p align="center">Chef Salad</p> <p align="center">Bacon Ranch Chicken Salad</p> <p align="center">Chicken Caesar Salad</p> <p align="center">Peanut Butter and Jelly Sandwich</p> <p align="center">Cheeseburger</p> <p align="center">Italian Wrap</p> <p align="center">Chicken Caesar Wrap</p> <p align="center">Ham and Cheese Sub</p> <p align="center">Turkey and Cheese Sub</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 align="center">Stuffed Crust Pizza on Whole Grain Crust</p> <p align="center">-OR-</p> <p align="center">Yogurt and Whole Grain Bagel with Peanut Butter or Cream Cheese</p> <p align="center">Steamed Cauliflower</p> <p align="center">Chilled &amp; Fresh Fruit</p>				
	<p align="center"><b>November 4</b></p> <p align="center">Chicken Pot Pie with Whole Grain Crust</p> <p align="center">-OR-</p> <p align="center">Grilled BBQ Chicken Sandwich on Whole Grain Roll</p> <p align="center">Apples &amp; Sweet Potatoes</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 5</b></p> <p align="center">Chicken Fajitas with Seasoned Rice</p> <p align="center">-OR-</p> <p align="center">Hot Italian Cosmo on Whole Grain Roll</p> <p align="center">Mixed Vegetables</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 6</b></p> <p align="center">Mini Corn Dogs</p> <p align="center">-OR-</p> <p align="center">BBQ Rib Sandwich on Whole Grain Roll</p> <p align="center">Baked Beans</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 7</b></p> <p align="center"><b>ACT 80 DAY NO SCHOOL FOR STUDENTS</b></p>	<p align="center"><b>November 8</b></p> <p align="center"><b>ACT 80 DAY NO SCHOOL FOR STUDENTS</b></p>
	<p align="center"><b>November 11</b></p> <p align="center">Cheese Ravioli with Whole Grain Breadstick</p> <p align="center">-OR-</p> <p align="center">Baked Fish Sandwich on Whole Grain Roll</p> <p align="center">Steamed Carrots</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 12</b></p> <p align="center">Asian Chicken Bowl with Brown Rice</p> <p align="center">-OR-</p> <p align="center">Hot Ham and Cheese on Whole Grain Flatbread</p> <p align="center">Broccoli</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 13</b></p> <p align="center">Whole Grain Chicken Nuggets with Dinner Roll</p> <p align="center">-OR-</p> <p align="center">Buffalo Chicken Dip with Whole Grain Tortilla Chips</p> <p align="center">Baked Beans</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 14</b></p> <p align="center"><b>Thanksgiving Dinner at School</b></p> <p align="center">Roasted Turkey and Gravy, Mashed Potatoes, Stuffing, Buttered Corn and Pumpkin Pie</p>	<p align="center"><b>November 15</b></p> <p align="center">Mickey's Pizza on Whole Grain Crust</p> <p align="center">-OR-</p> <p align="center">Yogurt and Whole Grain Bagel with Peanut Butter or Cream Cheese</p> <p align="center">Green Beans</p> <p align="center">Chilled &amp; Fresh Fruit</p>
	<p align="center"><b>November 18</b></p> <p align="center">Chicken Quesadilla on Whole Grain Tortilla</p> <p align="center">-OR-</p> <p align="center">Cook's Choice Second Option</p> <p align="center">Steamed Peas</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 19</b></p> <p align="center">Chicken Potato Bowl with Whole Grain Biscuit</p> <p align="center">-OR-</p> <p align="center">Tuna Melt on Whole Grain Bread</p> <p align="center">Buttered Corn</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 20</b></p> <p align="center">Whole Grain Egg Roll and Chicken Fried Rice</p> <p align="center">-OR-</p> <p align="center">Italian Sausage Sandwich</p> <p align="center">Vegetable Stir-Fry</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 21</b></p> <p align="center">Oven Baked Chicken with Dinner Roll</p> <p align="center">-OR-</p> <p align="center">Spicy Chicken Patty Sandwich</p> <p align="center">Mashed Potatoes</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 22</b></p> <p align="center">BBQ Chicken Pizza on Whole Grain Crust</p> <p align="center">-OR-</p> <p align="center">Yogurt and Whole Grain Bagel with Peanut Butter or Cream Cheese</p> <p align="center">Broccoli</p> <p align="center">Chilled &amp; Fresh Fruit</p>
	<p align="center"><b>November 25</b></p> <p align="center">Burrito Bowl with Whole Grain Flour Tortillas</p> <p align="center">-OR-</p> <p align="center">Pulled Pork Sandwich on Whole Grain Roll</p> <p align="center">Refried Beans</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 26</b></p> <p align="center">Whole Grain Fish Sticks with Mac and Cheese</p> <p align="center">-OR-</p> <p align="center">BBQ Rib Sandwich</p> <p align="center">Steamed Carrots</p> <p align="center">Chilled &amp; Fresh Fruit</p>	<p align="center"><b>November 27</b></p> <p align="center"><b>SCHOOL CLOSED FOR THANKSGIVING BREAK</b></p>	<p align="center"><b>November 28</b></p> <p align="center"><b>HAPPY THANKSGIVING!</b></p> <p align="center"></p>	<p align="center"><b>November 29</b></p> <p align="center"><b>SCHOOL CLOSED FOR THANKSGIVING BREAK</b></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.**