






NOVEMBER
Mifflinburg Area Intermediate School
Lunch Menu



Also available daily:	Choose your Meal:				LUNCH PRICES
Milk: 1%, Fat-Free, 1% Chocolate Milk 100% Fruit Juice: Apple, Orange, Grape Garden Salad with assorted dressing	Choice of Entrée - All Entrées contain the required serving of both protein and grains. Choice of up to 2 Vegetables & up to 2 Fruits. You must take at least 1 Fruit or 1 Vegetable.				Students - Free Adults - \$4.75 Milk - \$.50
A la Carte					November 1
 Hershey's Ice Cream novelties are available for purchase for \$1.00 each! Cash only—EZSchool pay is not available for ice cream purchases at the Intermediate school.					Stuffed Crust Pizza on Whole Grain Crust -OR- Yogurt and Whole Grain Bagel with Peanut Butter or Cream Cheese Steamed Cauliflower Chilled & Fresh Fruit
 This institution is an equal opportunity provider.	November 4	November 5	November 6	November 7	November 8
	Cheesy Scrambled Eggs with Sausage Links and Whole Grain Biscuit -OR- Turkey and Cheese Sandwich on Whole Grain Roll Tater Tots Chilled & Fresh Fruit	Baked Rotini with Meat Sauce and Whole Grain Bread Stick -OR- Chef Salad with Whole Grain Dinner Roll Steamed Peas Chilled & Fresh Fruit	BBQ Pulled Pork with Mac and Cheese and Whole Grain Corn Bread -OR- Minced Bologna Sandwich on Whole Grain Roll Baked Beans Chilled & Fresh Fruit	ACT 80 DAY NO SCHOOL FOR STUDENTS	ACT 80 DAY NO SCHOOL FOR STUDENTS
ALL STUDENTS WILL RECEIVE FREE BREAKFAST AND LUNCH MEALS FOR THE 2024 – 2025 SCHOOL YEAR.	November 11	November 12	November 13		
	Chili with Whole Grain Corn Bread -OR- Ham and Cheese Sandwich on Whole Grain Roll Cole Slaw Chilled & Fresh Fruit	Walking Tacos with Seasoned Rice -OR- Chef Salad with Whole Grain Dinner Roll Corn Chilled & Fresh Fruit	Corn Dog with Whole Grain Gold Fish Crackers -OR- Peanut Butter and Fluff Sandwich on Whole Grain Bread Steamed Carrots Chilled & Fresh Fruit	Thanksgiving Dinner at School Roasted Turkey and Gravy, Mashed Potatoes, Stuffing, Buttered Corn and Pumpkin Pie	Personal Pan Pizza with Whole Grain Crust -OR- Yogurt and Whole Grain Soft Pretzel Mixed Vegetables Chilled & Fresh Fruit
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.	November 18	November 19	November 20	November 21	November 22
	Chicken Patty Deluxe on Whole Grain Roll -OR- Lebanon Bologna and Cheese Sandwich on Whole Grain Roll Tater Tots Chilled & Fresh Fruit	Popcorn Chicken with Buttered Noodles -OR- Chef Salad with Whole Grain Dinner Roll Green Beans Chilled & Fresh Fruit	Hot Ham and Cheese on Whole Grain Flatbread -OR- Turkey and Cheese Sandwich on Whole Grain Roll Baked Beans Chilled & Fresh Fruit	Whole Grain Cheese Ravioli with Marinara Sauce -OR- Chef Salad with Whole Grain Dinner Roll Steamed Broccoli Chilled & Fresh Fruit	Mickey's Pizza on Whole Grain Crust -OR- Yogurt and Whole Grain Soft Pretzel Cheesy Cauliflower Chilled & Fresh Fruit
	November 25	November 26	November 27	November 28	November 29
Chicken Fries with Whole Grain Dinner Roll -OR- Peanut Butter and Jelly Sandwich on Whole Grain Bread Tater Tots Chilled & Fresh Fruit	Cook's Choice of Menu	SCHOOL CLOSED FOR THANKSGIVING BREAK	HAPPY THANKSGIVING! 	SCHOOL CLOSED FOR THANKSGIVING BREAK	
Mrs. Kristi Long Director of Food Services (570) 966-8241 Mrs. Stacy Boop – Head Cook					