



OCTOBER

Mifflinburg Area High School

Lunch Menu



Garden Salad and Assorted Fruit Juice available every day!	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.			LUNCH PRICES	
				Students Only	Free
				Entrée Only (Does not include MTO)	\$3.75
Additional Entrée Choices Available Daily			Adult Lunch or MTO Station		\$5.05
Entrée Salad and Sandwich Options <i>(Assorted Variety Daily)</i> Chef Salad Grilled Chicken Salad  Ham and Cheese Sandwich Turkey and Cheese Sandwich Uncrustable with Whole Grain Cheez-its, String Cheese, and Apple Slices Fruit and Yogurt Parfait with Granola 				October 1	October 2
				French Toast Sticks with Turkey Sausage Patties and Syrup -OR- MTO Pasta Bar Baked Sweet Potatoes Fresh Fruit Salad	Stuffed Crust Pizza on Whole Grain Crust -OR- Soft Pretzel with Cheese Sauce and 4oz Yogurt Steamed Broccoli Mixed Fruit Glazed Bananas
	October 5	October 6	October 7	October 8	October 9
	Salisbury Steak with Whole Grain Dinner Roll -OR- Chicken Patty Sandwich on Whole Grain Roll Au Gratin Potatoes Applesauce Fresh Pear	Fish Sticks with Mac and Cheese -OR- MTO Taco Bar Baked Beans Sliced Peaches Grapes	Chicken Potato Bowl with Whole Grain Dinner Roll -OR- Breaded Mozzarella Sticks with Marinara Sauce Steamed Corn Sliced Pears Orange Wedges	Whole Grain Chicken Nuggets with Dinner Roll -OR- MTO Pasta Bar Steamed Broccoli Berries with Whipped Topping Mixed Fruit	Mickey's Pizza on Whole Grain Crust -OR- Soft Pretzel with Cheese Sauce and 4oz Yogurt Sweet Potato Tots Apricots Fresh Fruit Salad
	October 12	October 13	October 14	October 15	October 16
	ACT 80 DAY NO SCHOOL FOR STUDENTS	Buffalo Chicken Mac and Cheese Bowl -OR- MTO Taco Bar Baked Beans Applesauce Glazed Bananas	Whole Grain Mini Corn Dogs -OR- Wildcat Snack Wrap (2) Steamed Carrots Apricots Grapes	Beef and Broccoli with Brown Rice -OR- MTO Pasta Bar Steamed Broccoli Fresh Fruit Salad Sliced Pears	Tony's French Bread Pizza -OR- Soft Pretzel with Cheese Sauce and 4oz Yogurt Corn Mixed Fruit Orange Wedges
	October 19	October 20	October 21	October 22	October 23
	Oven Baked Chicken Drumstick with Dinner Roll -OR- Hot Dog on Whole Grain Roll Baked Beans Applesauce Fresh Plum *Chocolate Cream Filled Cupcake* Free treat with lunch!	Chicken and Waffles with Gravy -OR- MTO Taco Bar Mashed Potatoes Mixed Fruit Grapes	Asian Chicken Bowl with Brown Rice -OR- Baked Fish Sandwich on Whole Grain Roll Steamed Broccoli Sliced Peaches Fresh Pear	Chicken Tenders with Whole Grain Roll -OR- MTO Pasta Bar Steamed Carrots Applesauce Fresh Fruit Cup Fresh Fruit Salad	DOMINO'S PIZZA DAY  Hot and fresh Cheese Pizza made and delivered by Dominos! Served with choice of Baby Carrots with Ranch Dressing, Garden Salad, Fresh Apple Stices and 100% Fruit Italian Ice.
	October 26	October 27	October 28	October 29	October 30
	Chicken Potato Bowl with Whole Grain Dinner Roll -OR- Breaded Mozzarella Sticks with Marinara Sauce Steamed Corn Sliced Pears Orange Wedges	Teriyaki Chicken and Vegetable Dumplings (6) -OR- MTO Taco Bar Stir-Fry Vegetables Mixed Fruit Fresh Plum	Chili Cheese Loaded Baked Potato with Cornbread -OR- Wildcat Snack Wrap (2) Steamed Broccoli Frozen Diced Strawberry Cup Sliced Peaches	Whole Grain Chicken Nuggets with Dinner Roll -OR- MTO Pasta Bar Steamed Carrots Fresh Fruit Salad Sliced Pears	Stuffed Crust Pizza on Whole Grain Crust -OR- Soft Pretzel with Cheese Sauce and 4oz Yogurt Green Beans Apricots Fresh Fruit Salad
ALL STUDENTS WILL RECEIVE FREE BREAKFAST AND LUNCH MEALS FOR THE 2026 – 2027 SCHOOL YEAR.					
Mrs. Kristi Long – Director of Food Services – 570.966.8241 Mrs. Barb Rishel – Head Cook 					

ALL STUDENTS WILL RECEIVE FREE BREAKFAST AND LUNCH MEALS FOR THE 2026 – 2027 SCHOOL YEAR.

Mrs. Kristi Long – Director of Food Services – 570.966.8241
Mrs. Barb Rishel – Head Cook

