



NOVEMBER

Mifflinburg Area High School

Lunch Menu



Garden Salad and Assorted Fruit Juice available every day!	Choose your Meal:				LUNCH PRICES	
	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.				Students Only	Free
					Entrée Only (Does not include MTO)	\$3.75
Additional Entrée Choices Available Daily	November 2	November 3	November 4	November 5	November 6	
	NO MTO Station this week!					
Entrée Salad and Sandwich Options (Assorted Variety Daily) 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	Chicken and Biscuits with Gravy -OR- Hot Dog on Whole Grain Roll Green Beans Sliced Applesauce with Peaches Cinnamon	Walking Tacos with Brown Rice -OR- Whole Grain Boneless Wings (4) with Onion Rings Steamed Broccoli Berries with Whipped Topping Mixed Fruit	Grilled Cheese Sandwich on Whole Grain Bread -OR- Pulled Pork Sandwich with BBQ Sauce on Whole Grain Roll Tomato Soup Grapes Pineapple Tidbits	ACT 80 DAY SCHOOL CLOSED TODAY		IN-SERVICE DAY SCHOOL CLOSED TODAY
	November 9	November 10	November 11	November 12	November 13	
	Yakisoba Noodles with Chicken and Vegetables -OR- Chicken Patty (Regular or Spicy) on Whole Grain Roll Stir-Fry Vegetables Applesauce Cup Orange Wedges	Popcorn Chicken with Whole Grain Dinner Roll -OR- MTO Taco Station Baked Beans Sliced Grapes Peaches	Sweet and Sour Meatballs with Brown Rice -OR- Baked Fish Sandwich on Whole Grain Roll Green Beans Sliced Pears Strawberries	French Toast Sticks with Turkey Sausage Patties -OR- MTO Pasta Station Baked Sweet Potatoes Apricots Fresh Fruit Salad	Stuffed Crust Pizza -OR- Whole Grain Soft Pretzel with Cheese Sauce and Yogurt Steamed Broccoli Mixed Fruit Glazed Bananas	
	November 16	November 17	November 18	November 19	November 20	
	Salisbury Steak with Whole Grain Dinner Roll -OR- Chicken Patty (Regular or Spicy) on Whole Grain Roll Au Gratin Potatoes Sliced Applesauce with Pears Cinnamon	Fish Sticks with Mac and Cheese -OR- MTO Taco Station Baked Beans Grapes Sliced Peaches	Chicken Potato Bowl with Whole Grain Roll -OR- Breaded Mozzarella Sticks with Marinara Sauce Steamed Corn Sliced Pears Orange Wedges	Thanksgiving Dinner Roasted Turkey with Gravy and Stuffing Mashed Potatoes & Green Beans Applesauce & Pumpkin Pie	Mickey's Pizza on Whole Grain Crust -OR- Whole Grain Soft Pretzel with Cheese Sauce and Yogurt Sweet Potato Tots Apricots Fresh Fruit Salad	
	November 23	November 24	November 25	November 26	November 27	
	Chicken Quesadilla on Whole Grain Tortilla -OR- Buffalo Chicken Dip Steamed Corn Sliced Grapes Peaches	Buffalo Chicken Mac and Cheese Bowl with Whole Grain Roll -OR- MTO Taco Station Baked Beans Glazed Applesauce Bananas Cup				
	November 30					
	SCHOOL CLOSED					
	 This institution is an equal opportunity employer and provider.					
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 						