



# NOVEMBER

## Mifflinburg Area Middle School

### Lunch Menu



|                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           |                                                                                                                                                                                             |                                                                                                                                                                                                      |                                                                                                                                             |                                                                                                                                                                                                          |             |                                                                                                                                                                            |                                                                                                                                                                          |
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| Garden Salad and Assorted Fruit Juice available every day!                                                                                                                                                                                                                                     | Choose your Meal:<br>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                                                                                                                                                                                              | \$3.75      |                                                                                                                                                                            |                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           |                                                                                                                                                                                             |                                                                                                                                                                                                      | Adult Lunch                                                                                                                                 |                                                                                                                                                                                                          | \$5.05      |                                                                                                                                                                            |                                                                                                                                                                          |
| Additional Entrée Choices Available Daily                                                                                                                                                                                                                                                      | November 2                                                                                                                                                                                                | November 3                                                                                                                                                                                  | November 4                                                                                                                                                                                           | November 5                                                                                                                                  | November 6                                                                                                                                                                                               |             |                                                                                                                                                                            |                                                                                                                                                                          |
| Entrée Salad & Sandwich Options<br><br>(Assorted Variety Daily)<br><br>Chef Salad<br><br>Peanut Butter and Jelly Sandwich<br><br>Turkey and Cheese Sandwich<br>Ham and Cheese Sandwich<br><br>Entrée Salads are served with WG Croutons and a dinner roll.                                     | Cheeseburger on Whole Grain Roll<br><br>-OR-<br>Pulled Pork Sandwich with BBQ Sauce on Whole Grain Roll<br><br>Baked Beans<br><br>Mixed Fruit      Orange Wedges                                          | Chicken Patty Sandwich on Whole Grain Roll<br><br>-OR-<br>Meatball Sub on Whole Grain Roll<br><br>Steamed Broccoli<br><br>Apricots      Grapes                                              | French Toast Sticks with Syrup and 4oz Yogurt<br><br>-OR-<br>Bagel with Peanut Butter and 4 oz Yogurt<br><br>Tater Tots<br><br>Applesauce Cup      Pineapple Tidbits                                 | ACT 80 DAY<br><br>SCHOOL CLOSED TODAY                                                                                                       | IN-SERVICE DAY<br><br>SCHOOL CLOSED TODAY                                                                                                                                                                |             |                                                                                                                                                                            |                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                | November 9                                                                                                                                                                                                | November 10                                                                                                                                                                                 | November 11                                                                                                                                                                                          |                                                                                                                                             |                                                                                                                                                                                                          |             | November 12                                                                                                                                                                | November 13                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                | Asian Chicken Bowl with Brown Rice<br><br>-OR-<br>Fruit and Granola Yogurt Parfait with Whole Grain Pretzels<br><br>Steamed Broccoli<br><br>Apricots      Applesauce Cups                                 | Chicken Quesadilla on Whole Grain Tortilla<br><br>-OR-<br>Hot Dog on Whole Grain Roll<br><br>Steamed Corn<br><br>Berries with Whipped Topping<br>Mixed Fruit                                | Chicken Alfredo Pasta with Whole Grain Garlic Breadstick<br><br>-OR-<br>Hamburger on Whole Grain Roll<br><br>Steamed Peas<br><br>Sliced Peaches      100% Fruit Juice Side Kick                      |                                                                                                                                             |                                                                                                                                                                                                          |             | Popcorn Chicken with Whole Grain Dinner Roll<br><br>-OR-<br>BBQ Rib Sandwich on Whole Grain Roll<br><br>Baked Beans<br><br>Applesauce with Cinnamon      Pineapple Tidbits | Stuffed Crust Pizza on Whole Grain Crust<br><br>-OR-<br>Whole Grain Soft Pretzel with Cheese Sauce and 4oz Yogurt<br><br>Steamed Carrots<br><br>Sliced Pears      Grapes |
| Also available daily:<br><br>Milk: 2%, Whole, Low-fat Chocolate Milk<br><br>100% Fruit Juice: Fruit Punch, Apple Juice, Very Berry and Grape<br>Garden Salad with assorted dressing                                                                                                            | November 16                                                                                                                                                                                               | November 17                                                                                                                                                                                 | November 18                                                                                                                                                                                          | November 19                                                                                                                                 | November 20                                                                                                                                                                                              |             |                                                                                                                                                                            |                                                                                                                                                                          |
| A la Carte<br><br>Hershey's Ice Cream novelties are available for purchase for \$1.25 each!                                                                                                                                                                                                    | Whole Grain Chicken Nuggets with Dinner Roll<br><br>-OR-<br>Bagel with Peanut Butter and 4oz Yogurt<br><br>Baked Beans<br><br>Sliced Pears      Orange Wedges                                             | Walking Tacos with Brown Rice<br><br>-OR-<br>Baked Fish Sandwich on Whole Grain Roll<br><br>Steamed Corn<br><br>Applesauce Cup      Apricots                                                | Teriyaki Chicken Dumplings (6)<br><br>-OR-<br>Cheeseburger on Whole Grain Roll<br><br>Steamed Broccoli<br><br>Mixed Fruit      Apple Crunchables                                                     | Thanksgiving Dinner<br><br>Roasted Turkey with Gravy and Stuffing & Pumpkin Pie<br><br>Mashed Potatoes/Corn<br><br>Applesauce with Cinnamon | DOMINO'S PIZZA DAY<br><br>Hot and fresh Cheese Pizza made and delivered by Dominos! Served with choice of Baby Carrots with Ranch Dressing, Garden Salad, Fresh Apple Slices and 100% Fruit Italian Ice. |             |                                                                                                                                                                            |                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                | <br><br>Students can bring money or use their EZSchool Pay account, if funds are available.                            | November 23                                                                                                                                                                                 | November 24                                                                                                                                                                                          | November 25                                                                                                                                 | November 26                                                                                                                                                                                              | November 27 |                                                                                                                                                                            |                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           | Chicken Tenders (3) with Mini Pierogies (3)<br><br>-OR-<br>Grilled BBQ Chicken Sandwich on Whole Grain Roll<br><br>Steamed Broccoli<br><br>Sliced Peaches      Berries with Whipped Topping | Cheesesteak Sandwich on Whole Grain Roll, offered with Peppers and<br><br>-OR-<br>Pulled Pork Sandwich with BBQ Sauce on Whole Grain Roll<br><br>Baked Beans<br><br>Sliced Pears      Applesauce Cup |                                                         |                                                                                                                                                                                                          |             |                                                                                                                                                                            |                                                                                                                                                                          |
| <br><br>This institution is an equal opportunity employer and provider.                                                                                                                                     | November 30                                                                                                                                                                                               |                                                                                                                                                                                             |                                                                                                                                                                                                      |                                                                                                                                             |                                                                                                                                                                                                          |             |                                                                                                                                                                            |                                                                                                                                                                          |
|                                                                                                                                                                                                                                                                                                | SCHOOL CLOSED<br><br>                                                                                                  |                                                                                                         |                                                                                                                                                                                                      |                                                                                                                                             |                                                                                                                                                                                                          |             |                                                                                                                                                                            |                                                                                                                                                                          |
| ALL STUDENTS WILL RECEIVE FREE BREAKFAST AND LUNCH MEALS FOR THE 2026 – 2027 SCHOOL YEAR.                                                                                                                                                                                                      |                                                                                                                                                                                                           |                                                                                                                                                                                             |                                                                                                                                                                                                      |                                                                                                                                             |                                                                                                                                                                                                          |             |                                                                                                                                                                            |                                                                                                                                                                          |
| <div><div>Mrs. Kristi Long – Director of Food Services – 570.966.8241<br/>Mrs. Shirley Hewlett – Head Cook</div></div> |                                                                                                                                                                                                           |                                                                                                                                                                                             |                                                                                                                                                                                                      |                                                                                                                                             |                                                                                                                                                                                                          |             |                                                                                                                                                                            |                                                                                                                                                                          |