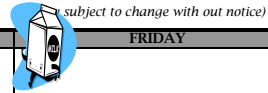


August/September 2011 Governor Mifflin School District Middle School

"The Best Deal in Town"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome Back! Select one Chicken Nuggets Roll optional Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baked French Fries Select three Buttered Noodles Steamy Carrots Assorted Veggies Assorted Fruit Pudding Pop Milk (Choice of one)	Select one Cheese Pizza Stix with Dipping Sauce Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one French Toast Stix /Syrup with Scrambled Eggs Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Fruited Yogurt Assorted Fresh Veggies/Dip Assorted Fruit Orange Wedges Milk (Choice of one)	Select one Chicken Quesadillas Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Honey BBQ Rice and Beans Buttered Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	No School
29	30	31	September 1	2
Happy Labor Day!! 	Select one Chicken Fryz Roll optional Cheese Pizza PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Pierogies Select three Seasoned Rice Green Beans Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Spaghetti Shells with Meat Sauce with or without Italian Bread Cheese Pizza PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Pierogies Select three Assorted Fresh Veggies/Dip Salad/ Dressing Broccoli Assorted Fruit Milk (Choice of one)	Select one Italian Cheese Hoagie Cheese Pizza PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Pierogies Select three Macaroni Salad Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Cheesy Steak Sandwich Cheese Pizza PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baked French Fries Select three Baked Potato Chips Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)
5	6	7	8	9
Select one Stromboli Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baby Baker Potatoes Select three Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)	Select one Taco with Cheese, Lettuce and Tomato Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baby Baker Potatoes Select three Honey BBQ Rice and Beans Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Shepherd's Pie with a Bread Stick Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baby Baker Potatoes Select three Steamy Carrots Applesauce Delight Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Popcorn Chicken with or without w/w Roll Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baby Baker Potatoes Select three Buttered Noodles Peas and Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Beef a Roni with Bosco cheese Stick Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baked French Fries Select three Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)
12	13	14	15	16
Select one CC's Pizza Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Soft Pretzel with Cheese Sauce Select three Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)	Select one Chargrilled Beef Twin Cheeseburger Sliders Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Soft Pretzel with Cheese Sauce Select three Buttered Noodles Steamy Carrots Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	ACT 80 Day No School	Select one Cheese Ravioli with Red Sauce with Italian Bread Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Soft Pretzel with Cheese Sauce Select three Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Beef BBQ Sandwich Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baked French Fries Select three Macaroni Salad Peas and Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)
19	20	21	22	23

Available Daily

If your child has special lunch needs, please contact the cafeteria manager. White; LF Chocolate; LF White Skim, Vanilla and Strawberry Milk available daily.

Chef Salad Bowls, Garden Burger and Yogurt Parfaits are available as a Entrée alternative.

ATTENTION PARENTS: Menus will be available at www.GovernorMifflinSD.org/district_food.asp to download or to print.

For those who do not have Internet access, a limited number of hard copies will be made available for pick up in the main office of your child's school.

August/September 2011 Governor Mifflin School District Middle School

(menu subject to change with out notice)

"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Select one Chicken Fajita Wrap w/ cheese, lettuce and tomato Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Steamy Brown Rice Broccoli Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Pizza Hut's Pizza Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Cheddar Snack Tossed Salad/ L/F Dressing Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Mifflin Ham & Cheese w/w Croissant Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Pickle Spear Cauliflower Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Fish Sandwich with tartar sauce Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Nachos with Cheese Sauce Select three Macaroni and Cheese Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Select one Oven Roasted Chicken w/w roll optional Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich Mifflin Meal Extra Baked French Fries Select three Mashed Potatoes Corn Assorted Fresh Veggies/Dip Assorted Fruit Fruit Ambrosia Milk (Choice of one)
26	27	28	29	30
Breakfast Monday	Breakfast Tuesday	Breakfast Wednesday	Breakfast Thursday	Breakfast Friday
A Breakfast variety will be available every morning. Breakfast Pizza, Low fat Pop Tarts, Assorted Cold Cereals, Low fat Muffins, Pancakes, Waffles, Breakfast Sandwiches, Breakfast Cereal Bars and Cinnamon Bagelers.				
and	and	and	and	and
Assorted Fruit or Juice	Assorted Fruit or Juice	Assorted Fruit or Juice	Assorted Fruit or Juice	Assorted Fruit or Juice
Milk (Choice of one)	Milk (Choice of one)	Milk (Choice of one)	Milk (Choice of one)	Milk (Choice of one)

Very Vanilla Soy Milk may now be used as a substitution for milk for Milk All and will also be available for purchase for \$1.00.

Student Breakfast: \$1.50
Student Reduced Breakfast: \$1.30
Adult Breakfast: \$1.90
Student Lunch: \$2.35
Student Reduced Lunch: \$2.00
Student Mifflin Meal Lunch: \$2.55
Adult Lunch: \$3.85 w/ Drink

In accordance with the Federal Law and the U.S. Dept. of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age and disability. To file a complaint of discrimination, call (202)720-5964. EOE