

May 2010

Governor Mifflin School District

Middle School

(menu subject to change with out notice)

"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Select one</i> Chicken Fryz / Dipping Sauce with or without Dinner Roll Cheese Pizza <i>Mifflin Meal Extra</i> Pierogies <i>Select three</i></p> <p>Buttered Noodles Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">3</p>	<p><i>Select one</i> Pretzel Frank Cheese Pizza <i>Mifflin Meal Extra</i> Baked French Fries <i>Select three</i></p> <p>Corn Assorted Fresh Veggies/Dip Assorted Fruit</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">4</p>	<p><i>Select one</i> Cinco De Mayo Chicken Nuggets Roll Optional</p> <p>Cheese Pizza <i>Mifflin Meal Extra</i> Baked French Fries <i>Select three</i></p> <p>Nacho and Cheese</p> <p>Green Beans Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Churro Milk (Choice of one)</p> <p style="text-align: right;">5</p>	<p>7th Grade Class Trip</p> <p><i>Select one</i> French Toast Sticks/ Syrup Cheese Pizza <i>Mifflin Meal Extra</i> Baked French Fries <i>Select three</i></p> <p>Scrambled Eggs Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">6</p>	<p><i>Select one</i> Chicken Hot Wings with or without Dinner Roll Cheese Pizza <i>Mifflin Meal Extra</i> Baked French Fries <i>Select three</i></p> <p>Buttered Noodles Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">7</p>
<p><i>Select one</i> Popcorn Chicken / Dipping Sauce with or without Dinner Roll</p> <p>Assorted Sandwiches <i>Mifflin Meal Extra</i> Soft Pretzel/ Cheese Sauce <i>Select three</i> Buttered Noodles</p> <p>Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">10</p>	<p><i>Select one</i> Spaghetti Shells with Meat Sauce with a Bread Stick Grilled Chicken Patty on a Bun <i>Mifflin Meal Extra</i> Soft Pretzel/ Cheese Sauce <i>Select three</i> Steamy Carrots</p> <p>Seasoned Pasta</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">11</p>	<p><i>Select one</i> Steak Sandwich Cheese Sauce optional</p> <p>Assorted Sandwiches <i>Mifflin Meal Extra</i> Baked French Fries <i>Select three</i></p> <p>Macaroni Salad Green Beans</p> <p>Assorted Veggies</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">12</p>	<p>8th Grade Class Trip</p> <p><i>Select one</i> Macaroni and Cheese Grilled Chicken Patty on a Bun <i>Mifflin Meal Extra</i> Soft Pretzel/ Cheese Sauce <i>Select three</i> Stewed Tomatoes Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">13</p>	<p><i>Select one</i> Cheese Pizza Stix with Dipping Sauce Assorted Sandwiches <i>Mifflin Meal Extra</i> Baked French Fries <i>Select three</i> Corn Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">14</p>

<p><i>Select one</i> Chicken Nuggets / Dipping Sauce with or without Dinner Roll Cheeseburger on a Bun</p> <p><i>Mifflin Meal Extra</i> Nachos with Cheese Sauce</p> <p><i>Select three</i> Seasoned Rice</p> <p>Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;"><i>17</i></p>	<p><i>Select one</i> Pizza Hut's Pizza</p> <p>Cheeseburger on a Bun</p> <p><i>Mifflin Meal Extra</i> Nachos with Cheese Sauce</p> <p><i>Select three</i> Broccoli Pudding Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;"><i>18</i></p>	<p><i>Select one</i> Roast beef and Cheddar Sandwich with a Bread Stick</p> <p>Cheeseburger on a Bun</p> <p><i>Mifflin Meal Extra</i></p> <p>Baked French Fries</p> <p><i>Select three</i> Steamy Carrots</p> <p>Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;"><i>19</i></p>	<p><i>Select one</i> Italian Hoagie with a bag of Chips</p> <p>Cheeseburger on a Bun</p> <p><i>Mifflin Meal Extra</i></p> <p>Baked French Fries</p> <p><i>Select three</i> Macaroni Salad Green Beans</p> <p>Assorted Veggies</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;"><i>20</i></p>	<p><i>Select one</i> Sloppy Joes / Bun</p> <p>Cheeseburger on a Bun</p> <p><i>Mifflin Meal Extra</i></p> <p>Baked French Fries</p> <p><i>Select three</i> Potato Salad Corn Cobette Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;"><i>21</i></p>
--	---	---	--	--

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.

Salad Bar is available as a menu option. Garden Burger and Yogurt Parfaits are available as a Entrée alternative.

May

2010

School Lunch

Governor Mifflin School District Middle School

"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Select one</i> Big Daddy's Pizza</p> <p>Hot dogs on a Roll <i>Mifflin Meal Extra</i></p> <p>Baby Baker Potatoes <i>Select three</i></p>	<p><i>Select one</i> Hot Ham and Cheese on a Croissant</p> <p>Hot dogs on a Roll <i>Mifflin Meal Extra</i></p> <p>Baked French Fries <i>Select three</i></p>	<p><i>Select one</i> Taco Hard or Soft Shell Hot dogs on a Roll <i>Mifflin Meal Extra</i> Baby Baker Potatoes <i>Select three</i></p>	<p><i>Select one</i> Stromboli</p> <p>Hot dogs on a Roll <i>Mifflin Meal Extra</i></p> <p>Baked French Fries <i>Select three</i></p>	<p><i>Select one</i> Chicken and Cheese Quesadillas</p> <p>Hot dogs on a Roll <i>Mifflin Meal Extra</i></p> <p>Baked French Fries <i>Select three</i></p>

Steamy Carrots Pudding Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) 24	Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) 25	Cheese, Lettuce and Tomato Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) 26	Buttered Noodles Peas Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one) 27	Steamed Rice Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) 28
--	---	---	---	---

Memorial Day No School 31	Student Breakfast: \$1.25 Student Reduced Breakfast:\$.30 Adult Breakfast: \$1.85 Student Lunch: \$1.95 Student Reduced Lunch: \$.40 Student Mifflin Meal Lunch: \$2.25 Adult Lunch: \$3.25 or \$3.50 w/ Drink
---	---

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, 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 Allergies and will also be available for purchase for .75 cents.

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