

August/September 2010 Governor Mifflin School District

Mifflin Park Elementary School

(menu subject to change with out notice)

"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome Back!</p> <p><i>Select one</i> ABC 123 Chicken Nuggets & Roll Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i></p> <p>French Fries</p> <p>Buttered Corn</p> <p>Assorted Veggies</p> <p>Assorted Fruit</p> <p>Welcome Back School Bus Cookie</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">30</p>	<p><i>Select one</i></p> <p>Hotdog on Roll</p> <p>Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i></p> <p>Buttered Noodles</p> <p>Baked Beans</p> <p>Assorted Fresh Veggies/Dip</p> <p>Pickle Spear</p> <p>Assorted Fruit</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">31</p>	<p><i>Select one</i></p> <p>Big Daddy's Pizza</p> <p>Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i></p> <p>Steamy Carrots</p> <p>Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">1-Sep</p>	<p><i>Select one</i></p> <p>Spaghetti Shells with Meat sauce</p> <p>with or without Roll</p> <p>Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i></p> <p>Assorted Fresh Veggies/Dip</p> <p>Salad/ Dressing</p> <p>Broccoli</p> <p>Assorted Fruit</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">2</p>	<p><i>Select one</i></p> <p>Turkey and Cheese Hoagie with a bag of Chips</p> <p>Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i></p> <p>Steamy Peas</p> <p>Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit</p> <p>Pudding</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">3</p>
<p>Happy Labor Day!!</p> <p style="text-align: right;">6</p>	<p><i>Select one</i></p> <p>Chicken Fryz with or without Roll</p> <p>Cheese Pizza PB & Jelly Uncrustable</p> <p><i>Select three</i></p> <p>Seasoned Rice</p> <p>Green Beans</p> <p>Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">7</p>	<p><i>Select one</i></p> <p>Meatballs in Sauce Roll Optional</p> <p>Cheese Pizza PB & Jelly Uncrustable <i>Select three</i></p> <p>Brd Mozzarella Cheese Sticks</p> <p>Broccoli</p> <p>Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit</p> <p>Applesauce Delight</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">8</p>	<p><i>Select one</i></p> <p>Cheesy Steak Sandwich</p> <p>Cheese Pizza PB & Jelly Uncrustable <i>Select three</i></p> <p>Baked Waffle Fries</p> <p>Steamy Carrots</p> <p>Assorted Fresh Veggies/Dip</p> <p>Jell-O</p> <p>Assorted Fruit</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">9</p>	<p><i>Select one</i></p> <p>French Toast Stix /Syrup and Scrambled Eggs</p> <p>Cheese Pizza PB & Jelly Uncrustable</p> <p><i>Select three</i></p> <p>Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit</p> <p>Orange Wedges</p> <p>Milk (Choice of one)</p> <p style="text-align: right;">10</p>

<i>Select one</i> Macaroni and Cheese Hot dog on a Bun PB & Jelly Uncrustable <i>Select three</i> Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	<i>Select one</i> Chicken Nugget Flower with or without Roll Hot dog on a Bun PB & Jelly Uncrustable <i>Select three</i> Buttered Noodles Peas and Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	<i>Select one</i> Mickey's Pizza Hot dog on a Bun PB & Jelly Uncrustable <i>Select three</i> Cheddar Snack Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	Give Away Day <i>Select one</i> Turkey n' Gravy/ Dinner Roll Hot dog on a Bun PB & Jelly Uncrustable <i>Select three</i> Mashed Potatoes Corn Assorted Veggies Assorted Fruit Frozen Juice Cup Milk (Choice of one)	<i>Select one</i> Beef a Roni with a Bosco Cheese Stick Hot dog on a Bun PB & Jelly Uncrustable <i>Select three</i> Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)
13	14	15	16	17

Available Daily

Chef Salads and Yogurt Bowls are available as a menu option. Garden Burger are available as a Entrée alternative.

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

August/September 2010

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School Lunch

"The Best Deal in Town"

Mifflin Park Elementary School

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Select one</i> Crispy Baked Chicken Drumstick with or without Dinner Roll Honey BBQ Chicken Nuggets with or without Dinner Roll PB & Jelly Uncrustable <i>Select three</i> Buttered Noodles Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	<i>Select one</i> Cheese Ravioli with or without Bosco Cheese Stick Honey BBQ Chicken Nuggets with or without Dinner Roll PB & Jelly Uncrustable <i>Select three</i> Tossed Salad/ Dressing Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)	ACT 80 Day No School	<i>Select one</i> Cheese Pizza Stix with Dipping Sauce Honey BBQ Chicken Nuggets with or without Dinner Roll PB & Jelly Uncrustable <i>Select three</i> Peas Assorted Fresh Veggies/Dip Assorted Fruit Pudding Pop Milk (Choice of one)	<i>Select one</i> Taco with Dipping Chips Honey BBQ Chicken Nuggets with or without Dinner Roll PB & Jelly Uncrustable <i>Select three</i> Cheese, Lettuce and Tomato Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)
20	21	22	23	24

<i>Select one</i> Chicken Quesadillas Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i> Steamy Rice Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) <p style="text-align: right;">27</p>	<i>Select one</i> Popcorn Chicken with or without Roll Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i> Potato Smiles Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) <p style="text-align: right;">28</p>	<i>Select one</i> Pizza Hut Pizza Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i> Carrots Assorted Fresh Veggies/Dip Assorted Fruit Fruit Ambrosia Milk (Choice of one) <p style="text-align: right;">29</p>	<i>Select one</i> Waffle Sticks and Sausage Patty/Syrup Cheeseburger on a Bun PB & Jelly Uncrustable <i>Select three</i> Fruited Yogurt Warm Cinnamon Apple Crisp Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) <p style="text-align: right;">30</p>	Student Breakfast: \$1.25 Student Reduced Breakfast: \$.30 Adult Breakfast: \$1.85 Student Lunch: \$2.00 Student Reduced Lunch: \$.40 Adult Lunch: \$3.75 w/ Drink
Breakfast Monday	Breakfast Tuesday	Breakfast Wednesday	Breakfast Thursday	Breakfast Friday
Select one Mini Pancakes Maple Waffle Large LF Muffins Large Cereal bags Warm Whole Grain Breakfast and Assorted Fruit or Juice Assorted Milks	Choice of 2 breakfast items: Low fat pop tart Small Low fat Muffin Variety Cereal Snack Bags and Assorted Fruit or Juice Assorted Milks	Select one Mini Pancakes Maple Waffle Large LF Muffins Large Cereal bags Warm Whole Grain Breakfast and Assorted Fruit or Juice Assorted Milks	Choice of 2 breakfast items: Low fat pop tart Small Low fat Muffin Variety Cereal Snack Bags and Assorted Fruit or Juice Assorted Milks	Select one Mini Pancakes Maple Waffle Large LF Muffins Large Cereal bags Warm Whole Grain Breakfast and Assorted Fruit or Juice Assorted Milks

Very Vanilla Soy Milk is now available as a option for Milk Allergies and will also be available for purchase for .75 cents.

Ala Carte Prices:

10 oz Spring Water	.50
16 oz Spring Water	.75
Fruit Snacks	.35 - .50
R/Fat Ice Cream:	.75
100 % Juice	.50
White Milk	.50
Flavored Milk	.55
Baked Snacks	.40 - .60

"GIVE AWAY DAY"

Any student purchasing a school lunch on the given day, will receive a **surprise!** This month "Give Away Day" will be on September 16th, so be sure to buy a school lunch (**hot or sandwich meal**).

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