


Senior High School

(menu subject to change with out notice)

"The Best Deal in Town"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome Back!</p> <p>Select one</p> <p>Chicken Nuggets Roll optional Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra Nachos with Cheese Sauce</p> <p>Select three</p> <p>Buttered Noodles</p> <p>Steamy Carrots Assorted Veggies Assorted Fruit Pudding Pop Milk (Choice of one)</p> <p style="text-align: right;">29</p>	<p>Select one</p> <p>Cheese Pizza Stix</p> <p>with Dipping Sauce Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra Baked French Fries</p> <p>Select three</p> <p>Broccoli</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">30</p>	<p>Select one</p> <p>Brunch For Lunch French Toast Stix /Syrup with</p> <p>Scrambled Eggs Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra</p> <p>Nachos with Cheese Sauce</p> <p>Select three</p> <p>Fruited Yogurt Assorted Fresh Veggies/Dip Assorted Fruit Orange Wedges Milk (Choice of one)</p> <p style="text-align: right;">31</p>	<p>Select one</p> <p>Chicken Quesadillas Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra</p> <p>Baked French Fries</p> <p>Select three</p> <p>Honey BBQ Beans and Rice</p> <p>Buttered Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">September 1</p>	 <p style="text-align: center;">No School</p> <p style="text-align: right;">2</p>
<p>Happy Labor Day!!</p> <p style="text-align: right;">5</p>	<p>Select one</p> <p>Chicken Fryz Roll optional Cheese Pizza PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra Baked French Fries</p> <p>Select three</p> <p>Seasoned Rice Green Beans</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">6</p>	<p>Select one</p> <p>Meatball Sub Sandwich Cheese Pizza PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra Pierogies</p> <p>Select three</p> <p>Macaroni Salad Steamy Carrots</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">7</p>	<p>Select one</p> <p>Jumbo Pretzel Hotdog Cheese Pizza PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra Baked French Fries</p> <p>Select three</p> <p>Assorted Fresh Veggies/Dip Baked Beans</p> <p>Broccoli Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">8</p>	<p>Select one</p> <p>Cheesy Steak Sandwich Cheese Pizza PB and Jelly Uncrustable Sandwich</p> <p>Mifflin Meal Extra Pierogies</p> <p>Select three</p> <p>Baked Potato Chips Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">9</p>

<p style="text-align: center;">Select one</p> <p>Stromboli</p> <p>Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baby Baker Potatoes Select three</p> <p>Green Beans</p> <p>Bean Special</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)</p> <p style="text-align: right;">12</p>	<p style="text-align: center;">Select one</p> <p>Pizza Hut's Pizza</p> <p>Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baked French Fries Select three</p> <p>Cheddar Snack</p> <p>Tossed Salad/ L/F Dressing</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">13</p>	<p style="text-align: center;">Select one</p> <p>Shepherd's Pie with a Bread Stick</p> <p>Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baby Baker Potatoes Select three</p> <p>Steamy Carrots</p> <p>Applesauce Delight</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">14</p>	<p style="text-align: center;">Select one</p> <p>Popcorn Chicken with or without w/w Roll</p> <p>Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baked French Fries Select three</p> <p>Buttered Noodles</p> <p>Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">15</p>	<p style="text-align: center;">Select one</p> <p>Beef a Roni with Bosco cheese Stick</p> <p>Hot dog on a w/w Roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baby Baker Potatoes Select three</p> <p>Broccoli Assorted Fresh Veggies/Dip</p> <p>Assorted Fruit Pudding Milk (Choice of one)</p> <p style="text-align: right;">16</p>
<p style="text-align: center;">Select one</p> <p>Oriental Chicken with a Fortune Cookie</p> <p>Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Soft Pretzel with Cheese Sauce Select three</p> <p>Steamy Brown Rice Broccoli</p> <p>Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">19</p>	<p style="text-align: center;">Select one</p> <p>Chargrilled Beef Twin Cheeseburger Sliders</p> <p>Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baked French Fries Select three</p> <p>Buttered Noodles Steamy Carrots</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">20</p>	<p style="text-align: center;">ACT 80 Day</p> <p style="text-align: center;">No School</p> <p style="text-align: right;">21</p>	<p style="text-align: center;">Select one</p> <p>Cheese Ravioli with Red Sauce</p> <p>with Italian Bread Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Baked French Fries Select three</p> <p>Cauliflower Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">22</p>	<p style="text-align: center;">Select one</p> <p>Beef BBQ Sandwich Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable Sandwich</p> <p style="text-align: center;">Mifflin Meal Extra</p> <p>Soft Pretzel with Cheese Sauce Select three</p> <p>Macaroni Salad Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p style="text-align: right;">23</p>

New this school year, Mifflin Café available at Line 3 Fresh Panini Sandwiches, Rice and Beans, Sandwich Wraps and Specialty Bars. Check it out!

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.

Individual Caesar, Garden and 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

School Lunch

Senior High

School

"The Best Deal in Town"

(menu subject to change with out notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Select one	Select one	Select one	Select one	Select one
CC's Pizza	Oven Roasted Chicken w/w roll optional	Mifflin Ham & Cheese w/w Croissant	Brunch For Lunch	Fish Sandwich with tartar sauce
Cheeseburger on a Whole Wheat Bun	Cheeseburger on a Whole Wheat Bun	Cheeseburger on a Whole Wheat Bun	Bacon, Egg and Cheese Sandwich	Cheeseburger on a Whole Wheat Bun
PB and Jelly Uncrustable Sandwich	PB and Jelly Uncrustable Sandwich	PB and Jelly Uncrustable Sandwich	Cheeseburger on a Whole Wheat Bun	PB and Jelly Uncrustable Sandwich
Mifflin Meal Extra	Mifflin Meal Extra	Mifflin Meal Extra	Uncrustable Sandwich	Mifflin Meal Extra
Nachos with Cheese Sauce	Baked French Fries	Nachos with Cheese Sauce	Mifflin Meal Extra	Nachos with Cheese Sauce
Select three	Select three	Select three	Baked French Fries	Select three
Broccoli	Mashed Potatoes	Pickle Spear	Select three	Macaroni and Cheese
Assorted Fresh Veggies/Dip	Corn	Cauliflower	Apple Crisp	Green Beans
Assorted Fruit	Assorted Fresh Veggies/Dip	Assorted Fresh Veggies/Dip	Steamy Carrots	Assorted Fresh Veggies/Dip
Bean Special	Assorted Fruit	Assorted Fruit	Assorted Fresh Veggies/Dip	Assorted Fruit
Pudding	Fruit Ambrosia	Milk (Choice of one)	Assorted Fruit	Milk (Choice of one)
Milk (Choice of one)	Milk (Choice of one)		Milk (Choice of one)	
26	27	28	29	30

Breakfast Monday	Breakfast Tuesday	Breakfast Wednesday	Breakfast Thursday	Breakfast Friday
<p>A Breakfast variety will be available every morning. Breakfast Sandwiches, Breakfast Pizza, Low fat Pop Tarts, Assorted Cold Cereals, Low fat Muffins,</p>	<p>Pancakes, Waffles, Breakfast Sandwiches, Breakfast Cereal Bars and Bagels.</p>	<p>Assorted Fruit or Juice</p>	<p>Assorted Fruit or Juice</p>	<p>Assorted Fruit or Juice</p>
<p>and</p>	<p>and</p>	<p>and</p>	<p>and</p>	<p>and</p>
<p>Assorted Fruit or Juice</p>	<p>Assorted Fruit or Juice</p>	<p>Assorted Fruit or Juice</p>	<p>Assorted Fruit or Juice</p>	<p>Assorted Fruit or Juice</p>
<p>Milk (Choice of one)</p>	<p>Milk (Choice of one)</p>	<p>Milk (Choice of one)</p>	<p>Milk (Choice of one)</p>	<p>Milk (Choice of one)</p>

Very Vanilla Soy Milk may now be used as a substitution for milk for Milk Allergies

and will also be available for purchase for \$1.00.

Student Breakfast: \$1.50
Student Reduced Breakfast: \$.30
Adult Breakfast: \$1.90
Student Lunch: \$2.35
Student Reduced Lunch: \$.40
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