



Governor Mifflin Middle School Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| 9/20 Corn Dog Nuggets Baked Beans Applesauce Assorted Milks | 9/21 Chicken Drumstick Mashed Potatoes Steamed Corn Peaches Assorted Milks | 9/22 Cheese Pizza Sticks w/ Marinara Fresh Veggies Seasonal Fresh Fruit Assorted Milks | 9/23 General Tso's Chicken Vegetable Fried Rice Broccoli Fresh Fruit Assorted Milks | 9/24 Cheese Calzone Marinara Dipping Sauce Side Salad Diced Peaches Assorted Milks |
| 9/27 Chicken Nuggets Dinner Roll Cucumber Slices Fresh Fruit Assorted Milks | 9/28 Berks Hot Dog Baked Beans Pasta Salad Fruit Cocktail Assorted Milks | 9/29 Assorted Hoagies Lettuce & Tomato Baked Snack Apple Slices Assorted Milks | 9/30 Meatball Sandwich Mozzarella Sticks Side Salad Diced Peaches Assorted Milks | 10/1 Early Dismissal – Bagged Lunch Ham and Cheese Croissant Pizza Lunchable PB & J Fresh Veggies & Fruit |
| 10/4 French Toast Sticks Sausage Links Tater Tots Orange Wedges Assorted Milks | 10/5 Chicken Tenders Mashed Potatoes Steamed Corn Fresh Fruit Assorted Milks | 10/6 Taco Lettuce, tomato, cheese Fiesta Black Beans Fruit Cocktail Assorted Milks | 10/7 Egg McMifflin Sandwich Celery w/ PB Warm Cinnamon Apples Assorted Milks | 10/8 Chicken Nuggets Dinner Roll Broccoli Fresh Fruit Assorted Milks |
| 10/11 In-Service Day No School for Students | 10/12 Chicken Quesadilla Fiesta Beans and Rice Pineapple Tidbits Assorted Milks | 10/13 Hot Ham & Cheese Croissant Tomato Soup, Goldfish Crackers Veggies with Dip Apple Slices Assorted Milks | 10/14 Mini Pancakes Scrambled Eggs Fresh Fruit Assorted Milks | 10/15 Cheese Lasagna Garlic Knot Side Salad Applesauce Assorted Milks |

Daily Alternates: Cheese Pizza, Cold Sandwiches, or Yogurt Meal.

Breakfast and lunch are available at zero cost for all students due to an extension of the USDA's waiver. Money is only required for ala carte items at this time. Please monitor your child's account balance in Skyward under the Food Service tab. Online payments can be made at www.SchoolPay.com or sent in a labeled envelope turned into the main office.

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