

Governor Mifflin K-4 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 9/27 Chicken Quesadilla Salsa, Sour Cream Fiesta Black Beans Pineapple Assorted Milks | 9/28 Pancakes Turkey Sausage Patty Fresh Veggies Orange Wedges Assorted Milks | 9/29 Chicken Tenders WG Dinner Roll Mashed Potatoes, Corn Peaches Assorted Milks | 9/30 Beef BBQ Sandwich (Sloppy Joe) Sidewinder French Fries Fresh Veggies Apple Slices Assorted Milks | 10/1 Early Dismissal – Bagged Lunches PB & J, Ham & Cheese, Yogurt Meal Fresh Veggies Fresh Fruit Juice Cup |
| 10/4 Grilled Cheese Sandwich Tomato Soup w/ Crackers Veggies w/ Dip Fresh Fruit Assorted Milks | 10/5 Breaded Chicken Drumstick WG Biscuit Steamed Corn Cinnamon Applesauce Assorted Milks | 10/6 Taco Lettuce/Tomato/Cheese Refried Beans Pineapple & Mandarin Oranges Assorted Milks | 10/7 Chicken Nuggets Dinner Roll Mashed Potatoes Peaches Assorted Milks | 10/8 French Toast Sticks Scrambled Eggs Hash Brown Diced Peaches Assorted Milks |
| 10/11 In-Service Day No School for Students | 10/12 Cheese Pizza Sticks Marinara Dipping Sauce Fresh Veggies Apple Slices Assorted Milks | 10/13 Tangerine Chicken Vegetable Fried Rice Steamed Broccoli Mandarin Oranges Fortune Cookie Assorted Milks | 10/14 Chicken Patty Sandwich Sweet Potato Fries Fresh Veggies w/ Dip Applesauce Assorted Milks | 10/15 Corn Dog Nuggets Macaroni and Cheese Baked Beans Diced Peaches Assorted Milks |
| 10/18 Pancakes Turkey Sausage Patty Hash Brown Patty Fresh Fruit Assorted Milks | 10/19 Italian Hoagie Shredded Lettuce & Tomato Bagged Snack Fruit Cup Assorted Milks | 10/20 Taco Fiesta Black Beans Steamed Corn Pineapple Tidbits Assorted Milks | 10/21 Cheese Ravioli Garlic Bread Side Salad Fresh Fruit Assorted Milks | 10/22 Popcorn Chicken Dinner Roll Mashed Potatoes Fruit Crisp Assorted Milks |
| 10/25 Beefaroni Garlic Knot Side Salad Peaches Assorted Milks | 10/26 Shrimp Poppers French Fries Assorted Fruit Mini Rice Krispy Treat Assorted Milks | 10/27 Cheese Lasagna Roll-Up WG Cheesy Bread Stick Carrots w/ Dip Fruit Cocktail Assorted Milks | 10/28 French Toast Sticks Scrambled Eggs Hash Brown Cinnamon Applesauce Assorted Milks | 10/29 Early Dismissal – Bagged Lunches PB & J, Ham & Cheese, Yogurt Meal Fresh Veggies Fresh Fruit Juice Cup |
| Alternate Options PB & Jelly Sandwich Yogurt Bowl | Alternate Options Hamburger/Cheeseburger Yogurt Bowl | Alternate Options PB & Marshmallow Sandwich Yogurt Bowl | Alternate Options Cheese Pizza Yogurt Bowl | Alternate Options Ham & Cheese Sandwich Yogurt Bowl |

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, national origin, sex, age, and disability. To file a complaint of discrimination, call (202 720-5964).

All Governor Mifflin students may receive a breakfast and lunch daily at zero cost due to an extension of the USDA's waiver. Money is only needed for ala carte purchases.