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Metz
CULINARY MANAGEMENT

Mifflin County School District
September Elementary Intermediate
Breakfast Menu

*Start Your Day Off with a **FREE** Breakfast for
the 2025-2026 School Year!!!!*

Monday	Tuesday	Wednesday	Thursday	Friday
<u>September 1</u> No School Labor Day	<u>September 2</u> Pancake on a Stick Or Cereal w/ Muffin	<u>September 3</u> Dutch Waffle Or Cereal w/ Yogurt	<u>September 4</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>September 5</u> Assorted Cereal w/ Muffin
<u>September 8</u> Assorted Cereal w/ Muffin	<u>September 9</u> Breakfast Pizza or Cereal w/ Muffin	<u>September 10</u> Donuts Or Cereal w/ Yogurt	<u>September 11</u> Pancakes Or Cereal w/ Muffin	<u>September 12</u> Assorted Cereal w/ Muffin
<u>September 15</u> Assorted Cereal w/ Muffin	<u>September 16</u> French Toast Sticks Or Cereal w/ Muffin	<u>September 17</u> Dutch Waffle Or Cereal w/ Yogurt	<u>September 18</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>September 19</u> Assorted Cereal w/ Muffin
<u>September 22</u> Assorted Cereal w/ Muffin	<u>September 23</u> Breakfast Pizza or Cereal w/ Muffin	<u>September 24</u> Donuts Or Cereal w/ Yogurt	<u>September 25</u> Pancakes Or Cereal w/ Muffin	<u>September 26</u> Assorted Cereal w/ Muffin
<u>September 29</u> Assorted Cereal w/ Muffin	<u>September 30</u> Pancake on a Stick Or Cereal w/ Muffin			

What is a Meal?
You must choose at
least 3 of the 4
components available
for the school breakfast
price.

Choice of: Grain or
grain/protein
Choice of fruit or
vegetable

(must take at least a
1/2 cup)
and

Choice of Milk
You must take at least
1/2 cup of fruit or
vegetable

**Whole Grain Cereal
Selection May Include:**
Cinnamon Toast Crunch
Trix, Cocoa Puffs, Cheerios
Rice Crunch, Kix, Cheerios
Fruit Loops, Frosted Flakes
Rice Krispies, Reese's

Fruit May Include:
Canned peaches,
applesauce, pears,
pineapple, fruit cocktail,
mandarin oranges,
100% juice (apple, orange,
grape),
fresh fruit selection includ-
ing apples, bananas and
oranges

Questions?

Please Contact

Bob DuFour

Director of Foodservice

rd02@mcsdk12.org

717 248 0148...ext..2514

Menu is Subject to Change Based on Product Availability.