

USDA is an equal  
opportunity  
provider and employer



**Metz**  
CULINARY MANAGEMENT

**Mifflin County School District**

**August Elementary**

**Intermediate Breakfast**

*Start Your Day Off with a **FREE** Breakfast for  
the 2025-20256School Year!!!!*



Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>August 25</b></u> Assorted Cereal w/ Muffin	<u><b>August 26</b></u> French Toast Sticks Or Cereal w/ Muffin	<u><b>August 27</b></u> Donut Day Or Cereal w/ Yogurt	<u><b>August 28</b></u> Pancakes Or Cereal w/ Muffin	<u><b>August 29</b></u> <b>No School</b> <b>Act 80 Day</b>

**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.