

USDA is an equal
opportunity
provider and employer



Metz
CULINARY MANAGEMENT

Mifflin County School District

August Secondary

Breakfast Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>August 25</u> French Toast Sticks	<u>August 26</u> Sausage Egg & Cheese Sandwich	<u>August 27</u> Assorted Cereal w/ Muffin	<u>August 28</u> Buttermilk Pancakes	<u>August 29</u> No School Act 80 Day

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.