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**Metz**  
CULINARY MANAGEMENT

## Mifflin County School District September Secondary Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u><a href="#">September 1</a></u> <b>No School</b> <b>Labor Day</b>	<u><a href="#">September 2</a></u> Sausage Egg & Cheese Sandwich or PBJ	<u><a href="#">September 3</a></u> Assorted Cereal w/ Muffin or PBJ	<u><a href="#">September 4</a></u> Pancakes Or PBJ	<u><a href="#">September 5</a></u> Breakfast Pizza or PBJ
<u><a href="#">September 8</a></u> French Toast Sticks or PBJ	<u><a href="#">September 9</a></u> Sausage Egg & Cheese Sandwich or PBJ	<u><a href="#">September 10</a></u> Assorted Cereal w/ Muffin or PBJ	<u><a href="#">September 11</a></u> Pancakes Or PBJ	<u><a href="#">September 12</a></u> Breakfast Pizza or PBJ
<u><a href="#">September 15</a></u> French Toast Sticks or PBJ	<u><a href="#">September 16</a></u> Sausage Egg & Cheese Sandwich or PBJ	<u><a href="#">September 17</a></u> Assorted Cereal w/ Muffin or PBJ	<u><a href="#">September 18</a></u> Pancakes Or PBJ	<u><a href="#">September 19</a></u> Breakfast Pizza or PBJ
<u><a href="#">September 22</a></u> French Toast Sticks or PBJ	<u><a href="#">September 23</a></u> Sausage Egg & Cheese Sandwich or PBJ	<u><a href="#">September 24</a></u> Assorted Cereal w/ Muffin or PBJ	<u><a href="#">September 25</a></u> Pancakes Or PBJ	<u><a href="#">September 26</a></u> Breakfast Pizza or PBJ
<u><a href="#">September 29</a></u> French Toast Sticks or PBJ	<u><a href="#">September 30</a></u> Sausage Egg & Cheese Sandwich or PBJ			

**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

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Menu is Subject to Change Based on Product Availability.