

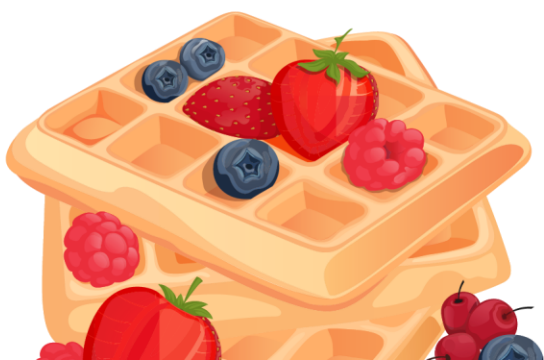



**Mifflin County
High School Breakfast Menu**

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals May Include: Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk May Include: White, Chocolate or Strawberry
		1 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffin	2 Chocolate Chip French Toast Assorted Cereals w/ Muffin	3 Apple Strudel Assorted Cereals w/ Muffin	
6 Mini Cinni Rolls Assorted Cereals w/ Muffin	7 Breakfast Pizza Assorted Cereals w/ Muffin	8 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffin	9 French Toast Sticks with Syrup Assorted Cereals w/ Muffin	10 Breakfast Banana Split Assorted Cereals w/ Muffin	
13 Mini Blueberry Donut Holes Assorted Cereals w/ Muffin	14 Breakfast Pizza Assorted Cereals w/ Muffin	15 Egg & Cheese Croissant Assorted Cereals w/ Muffin	16 Chocolate Chip French Toast Assorted Cereals w/ Muffin	17 Apple Strudel Assorted Cereals w/ Muffin	
20 Glazed Dunkin Sticks Assorted Cereals w/ Muffin	21 Breakfast Pizza Assorted Cereals w/ Muffin	22 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffin	23 French Toast Sticks with Syrup Assorted Cereals w/ Muffin	24 Dutch Waffle Assorted Cereals w/ Muffin	
27 Mini Maple Pancakes Assorted Cereals w/ Muffin	28 Breakfast Pizza Assorted Cereals w/ Muffin	29 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals w/ Muffin	30 Chocolate Chip French Toast Assorted Cereals w/ Muffin	31 Apple Strudel Assorted Cereals w/ Muffin	
Your Team Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org					Meal Prices Student Lunch \$1.50 Reduced Lunch \$.30 Breakfasts are Free the 2025-2026 School Year
					  Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday		Tuesday		Wednesday		Thursday		Friday		<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable May Include:</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk May Include:</div> <p>White, Chocolate, or Strawberry</p> <div>Daily Alternates May Include:</div> <p>Fresh Entree Salad of the Week, Salad Bar, Griller Line, or Pizza Station</p>
				1 Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Celery Sticks		2 Chicken Patty Sandwich FEATURED VEGGIES Side Caesar Baby Carrots		3 Chicken Potato Bowl FEATURED VEGGIES Broccoli Salad Corn		
Day 4Day 5Day 6										
5 Italian Meatball & Cheese on Roll FEATURED VEGGIES Green Beans Baby Carrots		6 Pepper Steak over Lo Mein Noodles FEATURED VEGGIES Chili Roasted Brussel Sprouts/ Spinach Salad		7 Cowboy Burger FEATURED VEGGIES Curly Fries Cucumber		8 Philly Cheesesteak FEATURED VEGGIES Fries Cherry Tomatoes		9 Bacon Cheddar Pierogies FEATURED VEGGIES Chick Pea Salad Side Salad		
Day 1Day 2Day 3Day 4Day 5										
13 No School Act 80 Day		14 Orange Chicken w/ Rice FEATURED VEGGIES Side Caesar Salad Baby Carrots		15 Corn Dog FEATURED VEGGIES BBQ Baked Beans California Mixed Veg		16 Turkey & Provolone Super Sub FEATURED VEGGIES Curly Fries Mozz Salad		17 Buffalo Chicken Dip W/ Chips FEATURED VEGGIES Lemon & Parm Broccoli Baby Carrots		
Day 6Day 1Day 2Day 3Day 4										
20 Chicken Tenders with Seasoned Rice FEATURED VEGGIES Side Salad California Mixed Veg		21 Nachos Grande (Beef Nachos) FEATURED VEGGIES Refried Bean Dip Lettuce & Tomato		22 Hawaiian Pork Ciabatta Sandwich FEATURED VEGGIES Sweet Potato Fries Baby Carrots		23 Hot Ham & Cheese On Pretzel Roll FEATURED VEGGIES Hash Browns Cucumber		24 Pizza Crunchers FEATURED VEGGIES Side Caesar Salad Roasted Zucchini w/ Garlic		
Day 5Day 6Day 1Day 2Day 3										
27 Chicken Nuggets w/ Buttered Noodles FEATURED VEGGIES Broccoli Salad Baby Carrots		28 Beef Soft Tacos FEATURED VEGGIES Corn Lettuce & Tomato		29 Creamy Chicken Alfredo (Penne) w/ Garlic Toast FEATURED VEGGIES Steamed Broccoli Chick Pea Salad		30 Buffalo Chicken Flatbread FEATURED VEGGIES Green Peas Tomato & Mozz Salad		31 Crispy Chicken Sandwich FEATURED VEGGIES Tots Apple Cider Slaw		
Day 4Day 5Day 6Day 1Day 2										
Your Team				Meal Prices						
Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org				Student Lunch Reduced Lunch		\$3.10 \$.40				

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