

**Mifflin County Elementary-Intermediate
Breakfast Menu**

October 2025

**PARTY
PUMPKIN**

**Meet Your Nutritious Friend:
Party Pumpkin**

Monday	Tuesday	Wednesday	Thursday	Friday
		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

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 May Include:

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Your Team

Bob DuFour--Food Service Director
717-248-0148 ext. 2514
ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices

Student Lunch s \$1.50
Reduced Lunch \$0.30
Breakfasts are Free the 2025-2026 School Year



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

Mifflin County Elementary-Intermediate Lunch Menu

October 2025

PARTY PUMPKIN

**Meet Your Nutritious Friend:
Party Pumpkin**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Sandwich (V) Breadstick Dipper Craveable (V) Chef Salad w/ Dinner Rolls FEATURED VEGGIES Hash Brown Potato Celery Day 4	2 Chicken Patty on a Bun Breadstick Dipper Craveable (V) Chef Salad w/ Dinner Rolls FEATURED VEGGIES Corn Cucumber Day 5	3 Toasted Pepperoni Pizza Flatbread Sandwich Breadstick Dipper Craveable (V) Chef Salad w/ Dinner Rolls FEATURED VEGGIES Baby Carrots Cherry Tomato Day 6
6 Chicken Nuggets with Roll Yogurt Craveable (V) Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Red Pepper Strips Day 1	7 Macaroni & Cheese (V) Yogurt Craveable (V) Turkey & Cheese Wrap FEATURED VEGGIES Green Beans Caesar Salad Day 2	8 Hot Dog on a Roll Yogurt Craveable (V) Turkey & Cheese Wrap FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 3	9 Toasted Cheese Sandwich (V) Yogurt Craveable (V) Turkey & Cheese Wrap FEATURED VEGGIES Tomato Soup Cucumber Day 4	10 Cheese Pizza Bagel (V) Yogurt Craveable (V) Turkey & Cheese Wrap FEATURED VEGGIES Celery Sticks Chickpea Salad Day 5
13 No School Act 80 Day Day 6	14 Chicken & Cheese Quesadilla Walking Taco Craveable Garden Salad w/ Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Black Bean Corn Salsa Baby Carrots Day 1	5 Asian Sesame Chicken over Rice Walking Taco Craveable Garden Salad w/ Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Steamed Broccoli Cucumber Day 2	16 Hot Ham & Cheese on a Pretzel Roll Walking Taco Craveable Garden Salad w/ Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Baked Beans Caesar Side Salad Day 3	17 Cheese Pizza Crunchers with Dipping Sauce (V) Walking Taco Craveable Garden Salad w/ Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Side Salad Celery Day 4
20 Chicken Nuggets with Roll Super Fruit Craveable (V) Chicken Caesar Salad w/ Dinner Rolls FEATURED VEGGIES Tater Tots Side Salad Day 5	21 Beef Soft Tacos Super Fruit Craveable (V) Chicken Caesar Salad w/ Dinner Rolls FEATURED VEGGIES Refried Beans Lettuce & Tomato Day 6	22 Cheeseburger on a Bun Super Fruit Craveable (V) Chicken Caesar Salad w/ Dinner Rolls FEATURED VEGGIES Cucumber Broccoli Salad Day 1	23 Corn Dog Super Fruit Craveable (V) Chicken Caesar Salad w/ Dinner Rolls FEATURED VEGGIES Curly Fries Apple Cider Slaw Day 2	24 Cheese Pizza Super Fruit Craveable (V) Chicken Caesar Salad w/ Dinner Rolls FEATURED VEGGIES Baby Carrots Corn Salad Day 3
27 Sloppy Joe on Roll Pizza Craveable Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Chickpea Salad Day 4	28 Walking Taco with Pretzel Stick Pizza Craveable Turkey & Cheese Wrap FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad Day 5	29 Cheesesteak on a Roll Pizza Craveable Turkey & Cheese Wrap FEATURED VEGGIES Tater Tots Ranchero Carrots Day 6	30 Chicken Alfredo with Garlic Breadstick Pizza Craveable Turkey & Cheese Wrap FEATURED VEGGIES Steamed Broccoli Cucumber Day 1	31 Fiestada Pizza Pizza Craveable Turkey & Cheese Wrap FEATURED VEGGIES Cherry Tomatoes Celery Day 2

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Daily Alternates May Include:

Fresh Entree Salad of the Week Craveables

Weekly Cold Cut Sandwiches & Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Bob DuFour--Food Service Director
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Meal Prices

Student Lunch \$2.95
Reduced Lunch \$4.00

