

**Mifflin County Middle School
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 \$1.50
Reduced Lunch \$.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 Middle School Lunch Menu

October 2025

PARTY PUMPKIN

Meet Your Nutritious Friend:
Party Pumpkin

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

(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
717-248-0148 ext. 2514
ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices

Student Lunch \$3.10
Reduced Lunch \$4.00

