

Mifflin County Junior High Breakfast Menu

October 2025



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

Mifflin County Junior High Lunch Menu

October 2025



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

