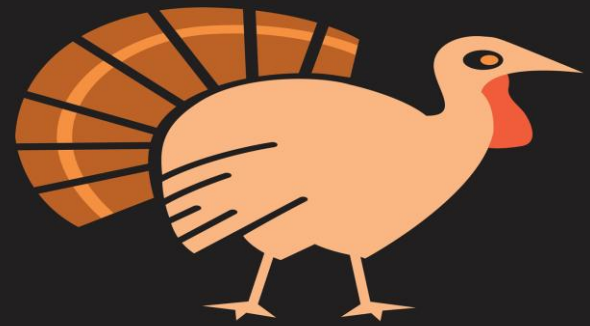


Mifflin County
Junior High Breakfast Menu

November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Mini Cinni Rolls	Breakfast Pizza	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
10	11	12	13	14
Mini Maple Pancakes	Veterans Day No School		Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Muffin			Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
17	18	19	20	21
Mini Cinni Rolls	Breakfast Pizza	Strawberries & Cream Smoothie Bowl	French Toast Sticks with Syrup	Breakfast Banana Split
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
24	25	26	27	28
Mini Blueberry Donut Holes	Breakfast Pizza	NO School Thanksgiving Break	NO School Thanksgiving Break	NO School Thanksgiving Break
Assorted Cereals w/ Muffin	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

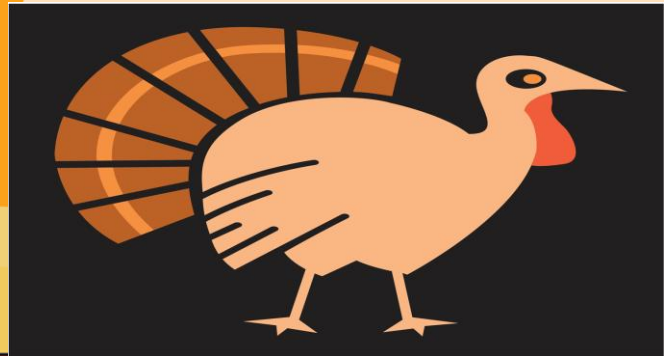
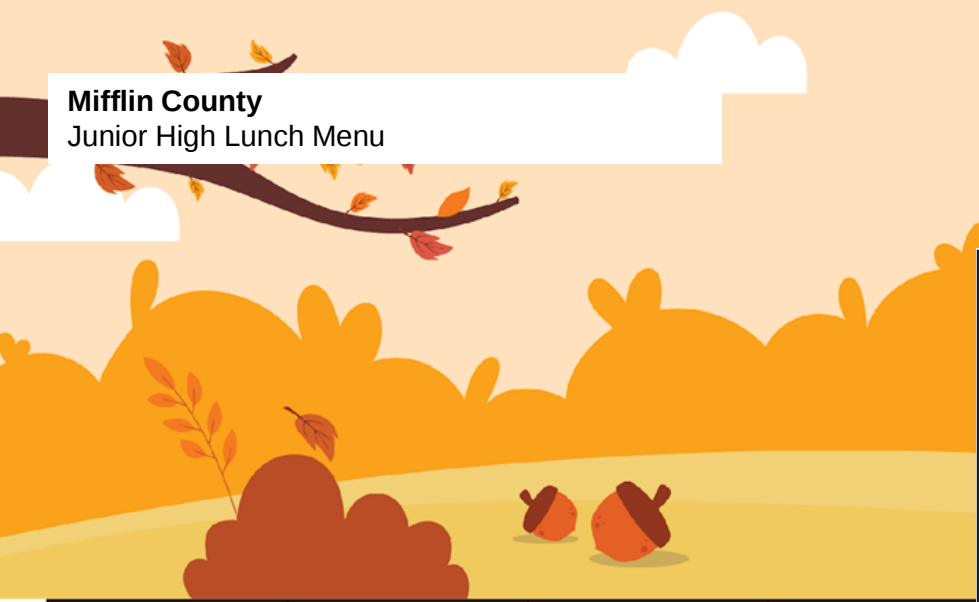
Bob DuFour--Food Service Director
717-248-0148 ext. 2514
ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices

Student Breakfast \$1.50
Reduced Breakfast \$.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.



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheeseburger on a Bun Garden Salad with Goldfish Crackers & Dinner Roll (V)	Nachos Grande Garden Salad with Goldfish Crackers & Dinner Roll (V)	French Toast Sticks with Sausage Patties Garden Salad with Goldfish Crackers & Dinner Roll (V)	Spaghetti w/Meat Sauce & Breadstick Garden Salad with Goldfish Crackers & Dinner Roll (V)	Cheese Pizza (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)
FEATURED VEGGIES Steamed Broccoli Baby Carrots (Day 3)	FEATURED VEGGIES Lettuce & Tomato Corn (Day 4)	FEATURED VEGGIES Tri Patty Taters Cucumber (Day 5)	FEATURED VEGGIES Side Salad Celery Sticks (Day 6)	FEATURED VEGGIES Steamed Green Beans Baby Carrots (Day 1)
10	11	12	13	14
Popcorn Chicken with Roll Chef Salad with Dinner Roll	No School Veterans Day		Pancakes w/ Sausage Chef Salad with Dinner Roll	Toasted Pepperoni Pizza Flatbread Sandwich Chef Salad with Dinner Roll
FEATURED VEGGIES Mashed Potatoes Corn (Day 2)			FEATURED VEGGIES Hash Brown Potato Celery Sticks (Day 3)	FEATURED VEGGIES Corn Cucumber (Day 4)
17	18	19	20	21
Chicken Nuggets with Roll Turkey & Cheese Wrap	Spaghetti w/Meat Sauce & Breadstick Turkey & Cheese Wrap	Holiday Meal Roast Turkey w/ Gravy & Stuffing	Toasted Cheese Sandwich (V) Turkey & Cheese Wrap	Cheese Pizza Bagel (V) Turkey & Cheese Wrap
FEATURED VEGGIES Oven Fries Red Pepper Strips (Day 6)	FEATURED VEGGIES Side Salad Carrots (Day 1)	FEATURED VEGGIES Mashed Potatoes Corn (Day 2)	FEATURED VEGGIES Tomato Soup Cucumber (Day 3)	FEATURED VEGGIES Celery Sticks Side Salad (Day 4)
24	25	26	27	28
Turkey & Cheese Melt on Croissant Garden Salad with Goldfish Crackers & Dinner Roll (V)	Chicken & Cheese Quesadilla Garden Salad with Goldfish Crackers & Dinner Roll (V)	NO School Thanksgiving Break	NO School Thanksgiving Break	NO School Thanksgiving Break
FEATURED VEGGIES Mashed Potatoes Corn (Day 5)	FEATURED VEGGIES Black Bean & Corn Salad Baby Carrots (Day 6)			

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

Alternatives May Include:

Fresh Entree Salad of the Week, Weekly Cold or Hot Sandwiches & Wraps or 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

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Meal Prices

Student Lunch \$3.10
Reduced Lunch \$.40

