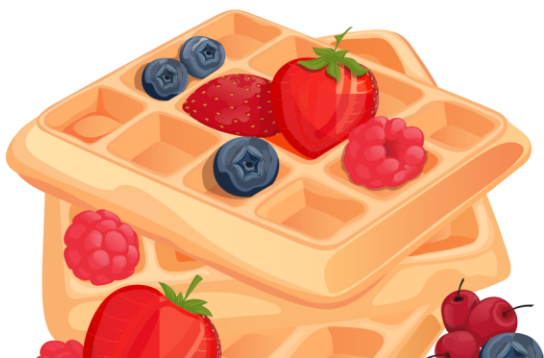


**Mifflin County
High School Breakfast Menu**

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 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	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, Salad Bar, Griller Line, or Pizza Station (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
		1	2	3	
		Classic Toasted Cheese Sandwich (V)	Chicken Patty Sandwich	Chicken Potato Bowl	
		FEATURED VEGGIES Tomato Soup Celery Sticks	FEATURED VEGGIES Side Caesar Baby Carrots	FEATURED VEGGIES Broccoli Salad Corn	
		Day 4	Day 5	Day 6	
5	6	7	8	9	
Italian Meatball & Cheese on Roll	Pepper Steak over Lo Mein Noodles	Cowboy Burger	Philly Cheesesteak	Bacon Cheddar Pierogies	
FEATURED VEGGIES Green Beans Baby Carrots	FEATURED VEGGIES Chili Roasted Brussel Sprouts/ Spinach Salad	FEATURED VEGGIES Curly Fries Cucumber	FEATURED VEGGIES Fries Cherry Tomatoes	FEATURED VEGGIES Chick Pea Salad Side Salad	
Day 1	Day 2	Day 3	Day 4	Day 5	
13	14	15	16	17	
No School Act 80 Day	Orange Chicken w/ Rice	Corn Dog	Turkey & Provolone Super Sub	Buffalo Chicken Dip W/ Chips	
	FEATURED VEGGIES Side Caesar Salad Baby Carrots	FEATURED VEGGIES BBQ Baked Beans California Mixed Veg	FEATURED VEGGIES Curly Fries Mozz Salad	FEATURED VEGGIES Lemon & Parm Broccoli Baby Carrots	
Day 6	Day 1	Day 2	Day 3	Day 4	
20	21	22	23	24	
Chicken Tenders with Seasoned Rice	Nachos Grande (Beef Nachos)	Hawaiian Pork Ciabatta Sandwich	Hot Ham & Cheese On Pretzel Roll	Pizza Crunchers	
FEATURED VEGGIES Side Salad California Mixed Veg	FEATURED VEGGIES Refried Bean Dip Lettuce & Tomato	FEATURED VEGGIES Sweet Potato Fries Baby Carrots	FEATURED VEGGIES Hash Browns Cucumber	FEATURED VEGGIES Side Caesar Salad Roasted Zucchini w/ Garlic	
Day 5	Day 6	Day 1	Day 2	Day 3	
27	28	29	30	31	
Chicken Nuggets w/ Buttered Noodles	Beef Soft Tacos	Creamy Chicken Alfredo (Penne) w/ Garlic Toast	Buffalo Chicken Flatbread	Crispy Fish Sandwich	
FEATURED VEGGIES Broccoli Salad Baby Carrots	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Steamed Broccoli Chick Pea Salad	FEATURED VEGGIES Green Peas Tomato & Mozz Salad	FEATURED VEGGIES Tots Apple Cider Slaw	
Day 4	Day 5	Day 6	Day 1	Day 2	
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					 

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