

Mifflin County
Junior High Breakfast Menu

December 2025



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No School	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
8	9	10	11	12
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Sandwich	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
15	16	17	18	19
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
22	23	24	25	26
		Merry Christmas!! <i>No School 12/22/25 - 1/2/26</i>		
29	30	31	1	2
		Happy New Year!!		

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Mifflin County
Junior High Lunch Menu

December 2025



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No School	Pulled Pork Nachos Chef Salad with Dinner Roll	Pasta & Meatballs Chef Salad with Dinner Roll	Super Sub (Turkey & Cheese) Chef Salad with Dinner Roll	Cheese Pizza Chef Salad with Dinner Roll
	FEATURED VEGGIES Mexican Rice w/ Salsa Lettuce & Tomato (Day 1)	FEATURED VEGGIES Baby Carrots Side Salad (Day 2)	FEATURED VEGGIES Oven Fries Baked Beans (Day 3)	FEATURED VEGGIES Celery w/ Peanut Butter Corn (Day 4)
8	9	10	11	12
Grilled Chicken Sandwich w/ Buttered Noodles Turkey & Cheese Wrap	Walking Taco with Pretzel Stick Turkey & Cheese Wrap	Cheesesteak on a Roll Turkey & Cheese Wrap	Christmas Holiday Meal <i>Roasted Pork Loin</i>	Hot Dog Turkey & Cheese Wrap
FEATURED VEGGIES Baby Carrots Green Beans (Day 5)	FEATURED VEGGIES Corn Lettuce & Tomato (Day 6)	FEATURED VEGGIES Tater Tots Baked Beans (Day 1)	<i>Mashed Potatoes, Gravy, Stuffing Gr Bean & Roll (Day 2)</i>	FEATURED VEGGIES Oven Fries Cucumber Slices (Day 3)
15	16	17	18	19
Chef's Choice Day 4	Chef's Choice Day 5	Chef's Choice Day 6	Chef's Choice Day 1	Chef's Choice Day 2
22	23	24	25	26
		Merry Christmas!! <i>No School 12/22/25 - 1/2/26</i>		
29	30	31	1	2
		Happy New Year!!		

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

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

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
Weekly Cold Cut Sandwiches & Wraps, 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
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Meal Prices

Student Lunch \$3.10
Reduced Lunch \$.40

