

Mifflin County
Middle School 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



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Mifflin County
Middle School 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</i> <i>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
Alternates: Week 1: Chicken Patty Week 2: Chef's Choice Week 3: Chef's Choice		Merry Christmas!! <i>No School</i> <i>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
Craveables
Weekly Cold Cut Sandwiches & Wraps

(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



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