

Mifflin County
High School Breakfast Menu

January 2026



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5	6	7	8	9
Mini Blueberry Donut Holes	Breakfast Pizza	Egg & Cheese Croissant	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
12	13	14	15	16
Glazed Dunkin Sticks	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	Assorted Cereals w/ Muffin
19	20	21	22	23
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
26	27	28	29	30
Mini Cinni Rolls	Breakfast Pizza	Ham, Egg & Cheese Croissant	French Toast Sticks with Syrup	Act 80 Day No School
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p> <div>Daily Alternates</div> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p>
29	30	31	1	2	
5	6	7	8	9	
Buffalo Chicken Dip with Tortilla Chips	Orange Chicken with Rice	Grilled Cheese	Classic Italian Super Sub	Cheeseburger Tator Tot Bowl	
FEATURED VEGGIES Green Beans Baby Carrots	FEATURED VEGGIES Steamed Broccoli Cucumber	FEATURED VEGGIES Tomato Soup Steamed Mixed Veggies	FEATURED VEGGIES Fries Tomato Mozzarella Salad	FEATURED VEGGIES Tator Tots Corn	
Day 3	Day 4	Day 5	Day 6	Day 1	
12	13	14	15	16	
Sausage Breakfast Sandwich	Chicken Nachos Grande	Fresh Dough Classic Stromboli Roll with Marinara Cheese Stromboli (V)	Pasta w/ Meatballs Breadstick	Hawaiian Pork Sandwich	
FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	FEATURED VEGGIES Caesar Salad Corn	FEATURED VEGGIES Side Salad Peas	FEATURED VEGGIES Sweet Potato Fries Baby Carrots	
Day 2	Day 3	Day 4	Day 5	Day 6	
19	20	21	22	23	
Chicken Nuggets with Buttered Noodles	Chicken Tacos	Pancakes & Sausage	Mac & Cheese	Chicken & Cheese Quesadilla (V)	
FEATURED VEGGIES Baked Beans Steamed Broccoli	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Side Salad Green Beans	FEATURED VEGGIES Roasted Cauliflower Black Beans	
Day 1	Day 2	Day 3	Day 4	Day 5	
26	27	28	29	30	
Chicken Bruschetta Sandwich	Buffalo Chicken over French Fries	Hot Ham & Cheese Pretzel Melt	Pasta w/ Meat Sauce Breadstick	Act 80 Day No School Day 4	
FEATURED VEGGIES Tots Peas Day 6	FEATURED VEGGIES Crinkle Cut Oven Fries Side Salad Day 1	FEATURED VEGGIES Sweet Potato Fries Fresh Cucumbers Day 2	FEATURED VEGGIES Coleslaw Corn Day 3		
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 \$4.40			
<div></div>					



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

