

Mifflin County
Junior High 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	No School Act 80 Day
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



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5	6	7	8	9
Turkey & Cheese Melt on a Croissant	Chicken & Cheese Quesadilla	Grilled Cheese Sandwich	Pasta & Meat Sauce	Bagel Pizza
Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)
FEATURED VEGGIES Mashed Potatoes Steamed Corn Day 3	FEATURED VEGGIES Lettuce & Tomato Black Beans Day 4	FEATURED VEGGIES Steamed Broccoli Tomato Soup Day 5	FEATURED VEGGIES Peas Caesar Side Salad Day 6	FEATURED VEGGIES Green Bean Side Salad Day 1
12	13	14	15	16
Chicken Nuggets	Beef Soft Tacos	Pancakes & Sausage	Corn Dog	Cheese Pizza
Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll
FEATURED VEGGIES Tater Tots Side Salad Day 2	FEATURED VEGGIES Lettuce & Tomato Peas Day 3	FEATURED VEGGIES Corn Tots Day 4	FEATURED VEGGIES Curly Fries Baked Beans Day 5	FEATURED VEGGIES Green Bean Side Salad Day 6
19	20	21	22	23
Sloppy Joe on Brioche Roll	Walking Taco with Pretzel Stick	Cheesesteak on a Roll	Pasta & Meatballs	Hot Dog
Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap
FEATURED VEGGIES Oven Fries Baked Beans Day 1	FEATURED VEGGIES Lettuce & Tomato Corn Day 2	FEATURED VEGGIES Tater Tots Baby Carrots Day 3	FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch Day 4	FEATURED VEGGIES Fries Cucumber Slices Day 5
26	27	28	29	30
Cheeseburger on a Bun	Nachos Grande	French Toast Sticks & Sausage	Macaroni & Cheese (V)	Act 80 Day No School Day 4
Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	
FEATURED VEGGIES Fries Baked Beans Day 6	FEATURED VEGGIES Lettuce & Tomato Golden Corn Day 1	FEATURED VEGGIES Tri Patty Taters Carrot Sticks Day 2	FEATURED VEGGIES Celery Steamed Broccoli Day 3	

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

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 \$.40



(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



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