

Mifflin County
High School Breakfast Menu

February 2026



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Sandwich	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins
9	10	11	12	13
Mini Cinni Rolls	Breakfast Pizza	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Act 80 Day No School
Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	
16	17	18	19	20
No School	Breakfast Pizza	Egg & Cheese Croissant	Chocolate Chip French Toast	Apple Strudel
	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins
23	24	25	26	27
Glazed Dunkin Sticks	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins	Assorted Cereals w/ Mufflins

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



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 may Include:</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit may Include:</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 May Include:</div> <p>Fresh Entree Salad of the Week Salad Bar, Pizza, Grill Line Weekly Cold Cut Sandwiches & Wraps</p> <div>(V) Vegetarian</div> <p>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <div>(VG) Vegan</div> <p>These items do not contain any animal products</p>
2	3	4	5	6	
Crispy General Tso' Chicken over Rice	Pulled Pork Nachos	Grilled Cheese Sandwich	Sausage Egg and Cheese Sandwich	Fish Sticks w/ Mac & Cheese	
FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Glazed Baby Carrots Black Beans	FEATURED VEGGIES Tomato Soup Celery Sticks	FEATURED VEGGIES Oven Fries Green Beans	FEATURED VEGGIES Peas Cucumbers	
Day 5	Day 6	Day 1	Day 2	Day 3	
9	10	11	12	13	
Chicken in Gravy with Bread	Chicken & Cheese Quesadilla	Orange Grilled Chicken with Rice	Hot Dog/ Chili Cheese Dog	Act 80 Day No School	
FEATURED VEGGIES Mashed Potatoes Corn	FEATURED VEGGIES Peppers and Onions Baby Carrots	FEATURED VEGGIES Peas Caesar Side Salad	FEATURED VEGGIES Baked Beans Oven Fries		
Day 4	Day 5	Day 6	Day 1	Day 2	
16	17	18	19	20	
No School	Cowboy Burger	French Toast Sticks w/ Sausage	Pasta w/ Chicken Alfredo w/ Breadstick	Buffalo Chicken Dip over Tortilla Chips	
	FEATURED VEGGIES Oven Fries Baked Beans	FEATURED VEGGIES Green Beans Tots	FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Celery Corn and Black Bean Salsa	
Day 3Day 4Day 5Day 6					
23	24	25	26	27	
Chicken Tenders with Seasoned Rice	Taco Fries	Pasta w/ Meatsauce w/ Breadstick	Egg, Ham & Cheese Croissant	Cheesy Pizza Crunchers with Marinara (V)	
FEATURED VEGGIES Baked Beans Tots	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Baby Carrots Green Bean	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Peas Caesar Salad	
Day 1	Day 2	Day 3	Day 4	Day 5	



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

