

Mifflin County
Junior High 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

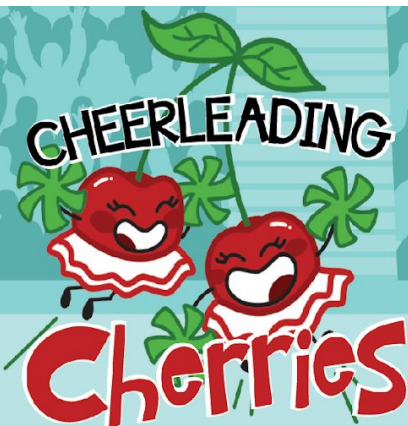
Your Team
Bob DuFour--Food Service Director
717-248-0148 ext. 2514
ma1134@metzcorp.com or
rd02@mcsdk12.org

Meal Prices

Student Breakfast \$1.50
Reduced Breakfast \$.30
Breakfasts are Free the 2025-2026 School Year



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



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
2 Day 5	3 Day 6	4 Day 1	5 Day 2	6 Day 3
Popcorn Chicken with Roll Chef Salad with Dinner Roll	Nachos Grande Chef Salad with Dinner Roll	Grilled Cheese Sandwich Chef Salad with Dinner Roll	Sausage Egg and Cheese Sandwich Chef Salad with Dinner Roll	Fish Sticks w/ Mac & Cheese Chef Salad with Dinner Roll
FEATURED VEGGIES Mashed Potatoes Baby Carrots	FEATURED VEGGIES Lettuce & Tomato Black Beans	FEATURED VEGGIES Tomato Soup Peas	FEATURED VEGGIES Oven Fries Green Pepper Strips	FEATURED VEGGIES Steamed Broccoli Cucumbers
9 Day 4	10 Day 5	11 Day 6	12 Day 1	13 Day 2
Chicken Patty Turkey & Cheese Wrap	Walking Taco Turkey & Cheese Wrap	French Toast Sticks w/ Sausage Turkey & Cheese Wrap	Hot Dog on a Roll Turkey & Cheese Wrap	Act 80 Day No School
FEATURED VEGGIES Oven Fries Celery	FEATURED VEGGIES Steamed Broccoli Lettuce & Tomato	FEATURED VEGGIES Tots Baby Carrots	FEATURED VEGGIES Baked Beans Oven Fries	
16 No School	17 Day 3	18 Day 4	19 Day 5	20 Day 6
	Chicken & Cheese Quesadilla Garden Salad with Goldfish Crackers & Dinner Roll (V)	Asian Sesame Chicken over Rice Garden Salad with Goldfish Crackers & Dinner Roll (V)	Hot Ham & Cheese on a Pretzel Roll Garden Salad with Goldfish Crackers & Dinner Roll (V)	Cheese Pizza Crunchers with Dipping Sauce (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)
	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Steamed Broccoli Carrot Sticks	FEATURED VEGGIES Baked Beans Caesar Side Salad	FEATURED VEGGIES Green Beans Side Salad
23 Day 1	24 Day 2	25 Day 3	26 Day 4	27 Day 5
Chicken Gravy over Bread Chef Salad with Dinner Roll	Pulled Pork Nachos Chef Salad with Dinner Roll	Cheeseburger on a Bun Chef Salad with Dinner Roll	Pasta & Meat Sauce Breadstick Chef Salad with Dinner Roll	Cheese Pizza Chef Salad with Dinner Roll
FEATURED VEGGIES Steamed Broccoli Mashed Potatoes	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Fries Baked Bean	FEATURED VEGGIES Side Salad Green Bean	FEATURED VEGGIES Glazed Baby Carrots Cucumbers

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 May Include:

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 May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week
Weekly Cold Cut Sandwiches & Wraps or 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
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Meal Prices
Student Lunch \$3.10
Reduced Lunch \$.40

