

Mifflin County
Middle 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

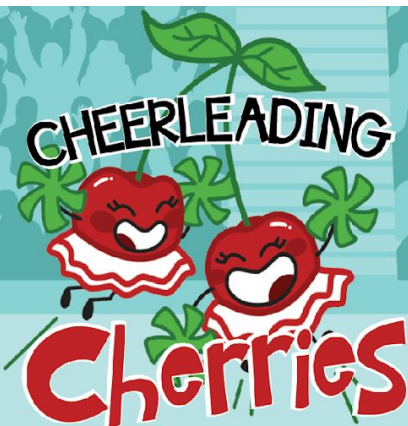
Your Team
Bob DuFour--Food Service Director
717-248-0148 ext. 2514
ma1134@metzcorp.com or
rd02@mcsdk12.org

Meal Prices

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



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

(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

