

**Mifflin County**  
Elementary 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 | <b>Act 80 Day<br/>No School</b> |
| Assorted Cereals w/ Mufflins | Assorted Cereals w/ Mufflins | Assorted Cereals w/ Mufflins                            | Assorted Cereals w/ Mufflins   |                                 |
| 16                           | 17                           | 18                                                      | 19                             | 20                              |
| Mini Blueberry Donut Holes   | 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   | 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<br>Day 2                                                                          | 3<br>Day 3                                                                                                        | 4<br>Day 4                                                                                                           | 5<br>Day 5                                                                                                               | 6<br>Day 6                                                                                                                          |
| Popcorn Chicken with Roll<br>Soft Pretzel Craveable<br>Chef Salad with Dinner Roll  | Nachos Grande<br>Soft Pretzel Craveable<br>Chef Salad with Dinner Roll                                            | Grilled Cheese Sandwich<br>Soft Pretzel Craveable<br>Chef Salad with Dinner Roll                                     | Sausage Egg and Cheese Sandwich<br>Soft Pretzel Craveable<br>Chef Salad with Dinner Roll                                 | Fish Sticks w/ Mac & Cheese<br>Soft Pretzel Craveable<br>Chef Salad with Dinner Roll                                                |
| FEATURED VEGGIES<br>Mashed Potatoes<br>Baby Carrots                                 | FEATURED VEGGIES<br>Lettuce & Tomato<br>Black Beans                                                               | FEATURED VEGGIES<br>Tomato Soup<br>Peas                                                                              | FEATURED VEGGIES<br>Oven Fries<br>Green Pepper Strips                                                                    | FEATURED VEGGIES<br>Steamed Broccoli<br>Cucumbers                                                                                   |
| 9<br>Day 1                                                                          | 10<br>Day 2                                                                                                       | 11<br>Day 3                                                                                                          | 12<br>Day 4                                                                                                              | 13<br>Day 5                                                                                                                         |
| Chicken Patty<br>Yogurt Craveable (V)<br>Turkey & Cheese Wrap                       | Walking Taco<br>Yogurt Craveable (V)<br>Turkey & Cheese Wrap                                                      | French Toast Sticks w/ Sausage<br>Yogurt Craveable (V)<br>Turkey & Cheese Wrap                                       | Hot Dog on a Roll<br>Yogurt Craveable (V)<br>Turkey & Cheese Wrap                                                        | Act 80 Day<br>No School                                                                                                             |
| FEATURED VEGGIES<br>Oven Fries<br>Celery                                            | FEATURED VEGGIES<br>Steamed Broccoli<br>Lettuce & Tomato                                                          | FEATURED VEGGIES<br>Tots<br>Baby Carrots                                                                             | FEATURED VEGGIES<br>Baked Beans<br>Oven Fries                                                                            |                                                                                                                                     |
| 16<br>Day 6                                                                         | 17<br>Day 1                                                                                                       | 18<br>Day 2                                                                                                          | 19<br>Day 3                                                                                                              | 20<br>Day 4                                                                                                                         |
| French Toast Sticks w/ Sausage<br>Super Fruit Craveable (V)<br>Turkey & Cheese Wrap | Chicken & Cheese Quesadilla<br>Super Fruit Craveable (V)<br>Garden Salad with Goldfish Crackers & Dinner Roll (V) | Asian Sesame Chicken over Rice<br>Super Fruit Craveable (V)<br>Garden Salad with Goldfish Crackers & Dinner Roll (V) | Hot Ham & Cheese on a Pretzel Roll<br>Super Fruit Craveable (V)<br>Garden Salad with Goldfish Crackers & Dinner Roll (V) | Cheese Pizza Crunchers with Dipping Sauce (V)<br>Super Fruit Craveable (V)<br>Garden Salad with Goldfish Crackers & Dinner Roll (V) |
| FEATURED VEGGIES<br>Tots<br>Baby Carrots                                            | FEATURED VEGGIES<br>Corn<br>Lettuce & Tomato                                                                      | FEATURED VEGGIES<br>Steamed Broccoli<br>Carrot Sticks                                                                | FEATURED VEGGIES<br>Baked Beans<br>Caesar Side Salad                                                                     | FEATURED VEGGIES<br>Green Beans<br>Side Salad                                                                                       |
| 23<br>Day 5                                                                         | 24<br>Day 6                                                                                                       | 25<br>Day 1                                                                                                          | 26<br>Day 2                                                                                                              | 27<br>Day 3                                                                                                                         |
| Chicken Gravy over Bread<br>Walking Taco Craveable<br>Chef Salad with Dinner Roll   | Taco Tots<br>Walking Taco Craveable<br>Chef Salad with Dinner Roll                                                | Cheeseburger on a Bun<br>Walking Taco Craveable<br>Chef Salad with Dinner Roll                                       | Pasta & Meat Sauce Breadstick<br>Walking Taco Craveable<br>Chef Salad with Dinner Roll                                   | Cheese Pizza<br>Walking Taco Craveable<br>Chef Salad with Dinner Roll                                                               |
| FEATURED VEGGIES<br>Steamed Broccoli<br>Mashed Potatoes                             | FEATURED VEGGIES<br>Tots<br>Lettuce & Tomato                                                                      | FEATURED VEGGIES<br>Fries<br>Baked Bean                                                                              | FEATURED VEGGIES<br>Side Salad<br>Green Bean                                                                             | FEATURED VEGGIES<br>Glazed Baby Carrots<br>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 May Include:

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

Craveables

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

**Bob DuFour--Food Service Director**  
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## Meal Prices

Student Lunch \$2.95  
Reduced Lunch \$.40



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES