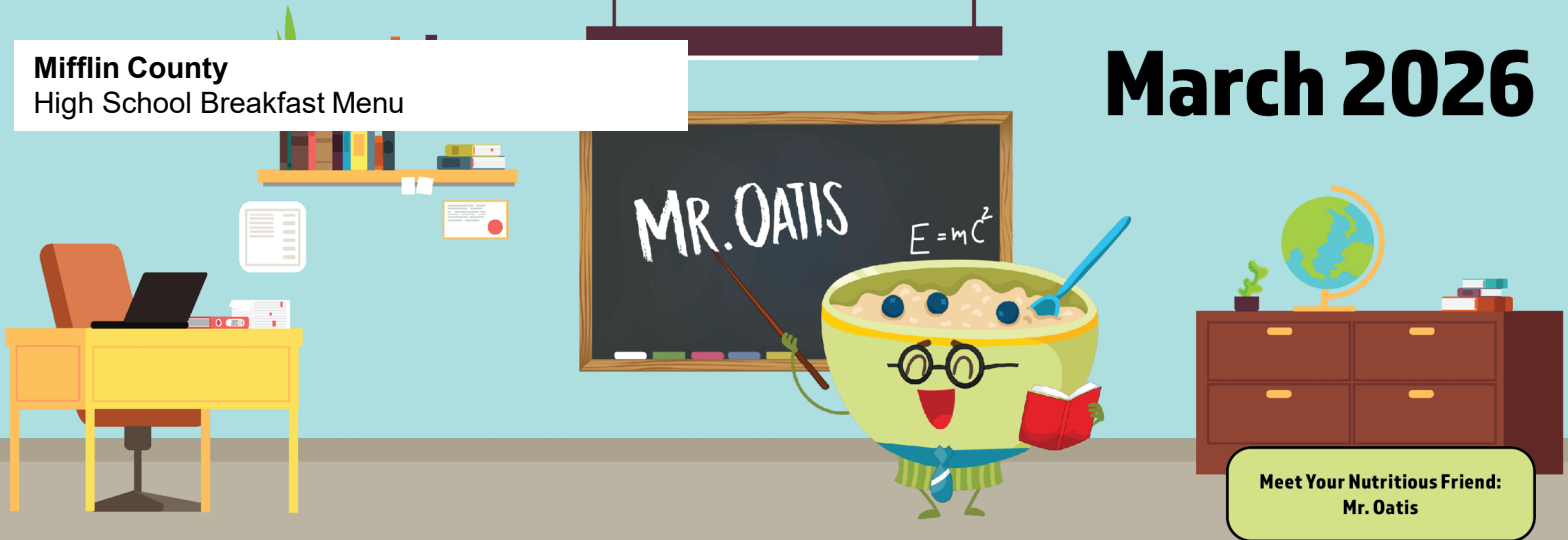


Mifflin County
High School Breakfast Menu

March 2026



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes Assorted Cereals w/ Muffins	3 Breakfast Pizza Assorted Cereals w/ Muffins	4 Egg, Sausage & Cheese Sandwich Assorted Cereals w/ Muffins	5 Chocolate Chip French Toast Assorted Cereals w/ Muffins	6 Apple Strudel Assorted Cereals w/ Muffins
9 Mini Cinni Rolls Assorted Cereals w/ Muffins	10 Breakfast Pizza Assorted Cereals w/ Muffins	11 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffins	12 French Toast Sticks with Syrup Assorted Cereals w/ Muffins	13 Act 80 Day No School
16 Mini Maple Pancakes Assorted Cereals w/ Muffins	17 Breakfast Pizza Assorted Cereals w/ Muffins	18 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals w/ Muffins	19 Chocolate Chip French Toast Assorted Cereals w/ Muffins	20 Apple Strudel Assorted Cereals w/ Muffins
23 Mini Cinni Rolls Assorted Cereals w/ Muffins	24 Breakfast Pizza Assorted Cereals w/ Muffins	25 Blueberry Pancakes Assorted Cereals w/ Muffins	26 French Toast Sticks with Syrup Assorted Cereals w/ Muffins	27 Breakfast Banana Split Assorted Cereals w/ Muffins
30 Mini Blueberry Donut Holes Assorted Cereals w/ Muffins	31 Breakfast Pizza Assorted Cereals w/ Muffins			

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>2</div> <div>Chili Cheese Dog</div> <div>FEATURED VEGGIES</div> <div>Baked Beans</div> <div>Fries Day 6</div>	<div>3</div> <div>Beef Tacos</div> <div>FEATURED VEGGIES</div> <div>Lettuce & Tomato Corn Day 1</div>	<div>4</div> <div>Chicken and Corn Chowder w/ Peanut Butter Sandwich</div> <div>FEATURED VEGGIES</div> <div>Celery Green Beans Day 2</div>	<div>5</div> <div>Sausage, Egg & Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Hash Brown Gr Pepper Strips Day 3</div>	<div>6</div> <div>Fish Sticks w/ Mac and Cheese</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli Baby Carrots Day 4</div>	
<div>9</div> <div>Spicy Chicken Sandwich</div> <div>FEATURED VEGGIES</div> <div>Baked Beans Fries Day 5</div>	<div>10</div> <div>Walking Taco</div> <div>FEATURED VEGGIES</div> <div>Lettuce & Tomato Corn Day 6</div>	<div>11</div> <div>Grilled Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Tomato Soup Peas Day 1</div>	<div>12</div> <div>Pasta w/ Meat Sauce Breadstick</div> <div>FEATURED VEGGIES</div> <div>Green Beans Baby Carrots Day 2</div>	<div>13</div> <div>Act 80 Day No School</div> <div>Day 3</div>	
<div>16</div> <div>Buffalo Chicken Flatbread</div> <div>FEATURED VEGGIES</div> <div>Tots Gr Pepper Strips Day 4</div>	<div>17</div> <div>Chicken & Cheese Quesadilla</div> <div>(St. Patty's Day Treat)</div> <div>FEATURED VEGGIES</div> <div>Lettuce & Tomato Black Beans Day 5</div>	<div>18</div> <div>Stromboli Day</div> <div>FEATURED VEGGIES</div> <div>Celery Green Beans Day 6</div>	<div>19</div> <div>Chicken Alfredo Breadstick</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli Cherry Tomatoes Day 1</div>	<div>20</div> <div>Pancakes & Sausage</div> <div>FEATURED VEGGIES</div> <div>Hash Brown Baby Carrots Day 2</div>	
<div>23</div> <div>Popcorn Chicken Bowl</div> <div>FEATURED VEGGIES</div> <div>Mashed Potatoes Baby Carrots Day 3</div>	<div>24</div> <div>Nachos Grande</div> <div>FEATURED VEGGIES</div> <div>Lettuce & Tomato Corn Day 4</div>	<div>25</div> <div>Grilled Asian Chicken w /Rice</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli Celery Day 5</div>	<div>26</div> <div>Ham, Egg, & Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Oven Fries Gr Pepper Strips Day 6</div>	<div>27</div> <div>Maxi Sticks w/ Sauce</div> <div>FEATURED VEGGIES</div> <div>Green Beans Cucumbers Day 1</div>	
<div>30</div> <div>Meatball Sub</div> <div>FEATURED VEGGIES</div> <div>Peas Cherry Tomatoes Day 2</div>	<div>31</div> <div>Cheeseburger Tots</div> <div>FEATURED VEGGIES</div> <div>Tots Baked Beans Day 3</div>				
<div>Your Team</div> <div>Bob DuFour--Food Service Director</div> <div>717-248-0148 ext. 2514</div> <div>ma1134@metzcorp.com or rd02@mcsdk12.org</div>					
<div>Meal Prices</div> <div>Student Lunch \$3.10</div> <div>Reduced Lunch \$.40</div>					
<div></div>					
<div> Metz</div> <div>CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</div>					

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

