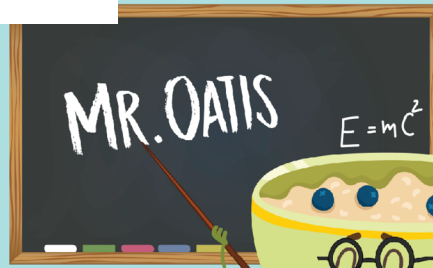


Mifflin County
Junior High Breakfast Menu

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	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 Weekly Cold Cut Sandwiches & Wraps or Pizza
2	3	4	5	6	
Chili Cheese Dog Chicken Caesar Salad w/ Roll FEATURED VEGGIES Baked Beans Fries Day 6	Nachos Grande Chicken Caesar Salad w/ Roll FEATURED VEGGIES Lettuce & Tomato Corn Day 1	Chicken and Corn Chowder w/ Peanut Butter Sandwich Chicken Caesar Salad w/ Roll FEATURED VEGGIES Celery Green Beans Day 2	Sausage, Egg & Cheese Sandwich Chicken Caesar Salad w/ Roll FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 3	Fish Sticks w/ Mac and Cheese Chicken Caesar Salad w/ Roll FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 4	Act 80 Day No School Day 3
9	10	11	12	13	
Cowboy Cheeseburger On Roll Garden Salad w/ Goldfish & Roll FEATURED VEGGIES Baked Beans Fries Day 5	Walking Taco Garden Salad w/ Goldfish & Roll FEATURED VEGGIES Lettuce & Tomato Corn Day 6	Grilled Cheese Sandwich Garden Salad w/ Goldfish & Roll FEATURED VEGGIES Tomato Soup Peas Day 1	Pasta w/ Meat Sauce Breadstick Garden Salad w/ Goldfish & Roll FEATURED VEGGIES Green Beans Baby Carrots Day 2		
16	17	18	19	20	
Pulled Pork Sandwich Chef Salad w/ Roll FEATURED VEGGIES Tots Gr Pepper Strips Day 4	Chicken & Cheese Quesadilla Chef Salad w/ Roll <i>(St. Patty's Day Treat)</i> FEATURED VEGGIES Lettuce & Tomato Black Beans Day 5	Pancakes & Sausage Chef Salad w/ Roll FEATURED VEGGIES Tots Baby Carrots Day 6	Chicken Alfredo Breadstick Chef Salad w/ Roll FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 1	Pizza Bagels Chef Salad w/ Roll FEATURED VEGGIES Celery Green Beans Day 2	
23	24	25	26	27	
Popcorn Chicken Bowl Turkey & Cheese Wrap FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 3	Soft Beef Tacos Turkey & Cheese Wrap FEATURED VEGGIES Lettuce & Tomato Corn Day 4	Grilled Asian Chicken w /Rice Turkey & Cheese Wrap FEATURED VEGGIES Steamed Broccoli Celery Day 5	Ham, Egg, & Cheese Sandwich Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 6	Maxi Sticks w/ Sauce Turkey & Cheese Wrap FEATURED VEGGIES Green Beans Cucumbers Day 1	
30	31				
Meatball Sub Garden Salad w/ Goldfish & Roll FEATURED VEGGIES Peas Cherry Tomatoes Day 2	Cheeseburger Tots Garden Salad w/ Goldfish & Roll FEATURED VEGGIES Tots Baked Beans Day 3				
Your Team Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org					Meal Prices Student Lunch \$3.10 Reduced Lunch \$4.00



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

