

Mifflin County
High 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
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
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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.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Crispy General Tso' Chicken over Rice	Walking Taco	Beef Cheesesteak	French Toast Sticks and Sausage Patties	Butter Chicken Mac and Cheese
Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad
FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Lettuce & Tomato Black Beans	FEATURED VEGGIES Curly fries Red Pepper Strips	FEATURED VEGGIES Tri-Taters Green Beans	FEATURED VEGGIES Peas Cucumbers
9	10	11	12	13
Chicken in Gravy with Bread	Chicken & Cheese Quesadilla	Orange Grilled Chicken with Rice	Hot Dog/ Chili Cheese Dog	Act 80 Day No School
Chef Salad	Chef Salad	Chef Salad	Chef Salad	
FEATURED VEGGIES Mashed Potatoes Corn	FEATURED VEGGIES Peppers and Onions Baby Carrots	FEATURED VEGGIES Peas Caesar Side Salad	FEATURED VEGGIES Baked Beans Oven Fries	
Day 1	Day 2	Day 3	Day 4	Day 5
16	17	18	19	20
Hot ham on Pretzel Roll	Cowboy Burger	French Toast Sticks w/ Sausage	Pasta w/ Chicken Alfredo w/ Breadstick	Buffalo Chicken Dip over Tortilla Chips
FEATURED VEGGIES Sweet Potato Fries Cucumbers	FEATURED VEGGIES Oven Fries Baked Beans	FEATURED VEGGIES Green Beans Tots	FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Celery Corn and Black Bean Salsa
Day 6	Day 1	Day 2	Day 3	Day 4
23	24	25	26	27
Chicken Tenders with Seasoned Rice	Taco Fries	Pasta w/ Meatsauce w/ Breadstick	Egg, Ham & Cheese Croissant	Cheesy Pizza Crunchers with Marinara (V)
FEATURED VEGGIES Baked Beans Tots	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Baby Carrots Green Bean	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Peas Caesar Salad
Day 5	Day 6	Day 1	Day 2	Day 3

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

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates May Include:

Fresh Entree Salad of the Week
Salad Bar, Pizza, Grill Line
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 \$3.10
Reduced Lunch \$4.40



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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