

**Mifflin County**  
Junior High 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 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

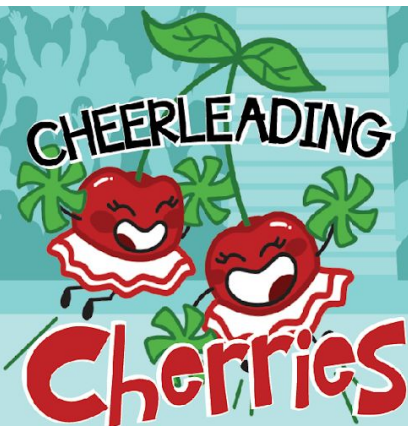
**Your Team**  
**Bob DuFour--Food Service Director**  
717-248-0148 ext. 2514  
ma1134@metzcorp.com or  
rd02@mcsdk12.org

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

## (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**  
717-248-0148 ext. 2514  
ma1134@metzcorp.com or rd02@mcsdk12.org

## Meal Prices

Student Lunch \$3.10  
Reduced Lunch \$.40



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES