

**Mifflin County**  
Middle 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	<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

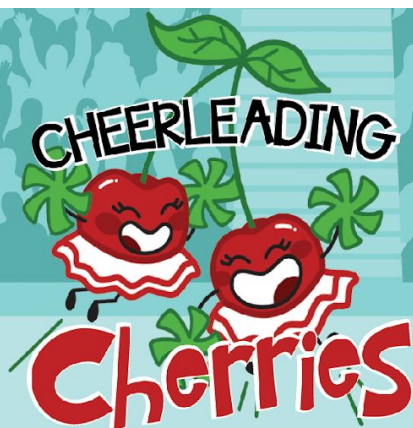
**Your Team**  
Bob DuFour--Food Service Director  
717-248-0148 ext. 2514  
ma1134@metzcorp.com or  
rd02@mcsdk12.org

## 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
2	3	4	5	6
<b>Alternative: Grilled Chicken</b> Popcorn Chicken with Roll Chef Salad with Dinner Roll	<b>Day 2</b> <b>Day 3</b> Nachos Grande Chef Salad with Dinner Roll	<b>Day 4</b> Grilled Cheese Sandwich Chef Salad with Dinner Roll	<b>Day 5</b> Sausage Egg and Cheese Sandwich Chef Salad with Dinner Roll	<b>Day 6</b> 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
9	10	11	12	13
<b>Alternative: Deli Turkey</b> Chicken Patty Turkey & Cheese Wrap	<b>Day 1</b> <b>Day 2</b> Walking Taco Turkey & Cheese Wrap	<b>Day 3</b> French Toast Sticks w/ Sausage Turkey & Cheese Wrap	<b>Day 4</b> Hot Dog on a Roll Turkey & Cheese Wrap	<b>Day 5</b> <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	
16	17	18	19	20
<b>Alternative Chicken Patty</b> <b>Day 6</b> French Toast Sticks w/ Sausage Garden Salad with Goldfish Crackers & Dinner Roll (V)	<b>Day 1</b> Chicken & Cheese Quesadilla Garden Salad with Goldfish Crackers & Dinner Roll (V)	<b>Day 2</b> Asian Sesame Chicken Garden Salad with Goldfish Crackers & Dinner Roll (V)	<b>Day 3</b> Hot Ham & Cheese on a Pretzel Roll Garden Salad with Goldfish Crackers & Dinner Roll (V)	<b>Day 4</b> Cheese Pizza Crunchers with Dipping Sauce (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)
<b>FEATURED VEGGIES</b> Corn Lettuce & Tomato	<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
23	24	25	26	27
<b>Alternative: PBJ</b> <b>Day 5</b> Chicken Gravy over Bread Chef Salad with Dinner Roll	<b>Day 6</b> Taco Tots Chef Salad with Dinner Roll	<b>Day 1</b> Cheeseburger on a Bun Chef Salad with Dinner Roll	<b>Day 2</b> Pasta & Meat Sauce Breadstick Chef Salad with Dinner Roll	<b>Day 3</b> Cheese Pizza Chef Salad with Dinner Roll
<b>FEATURED VEGGIES</b> Steamed Broccoli Mashed Potatoes	<b>FEATURED VEGGIES</b> Tots 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

## (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

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**Meal Prices**  
Student Lunch \$3.10  
Reduced Lunch \$.40

