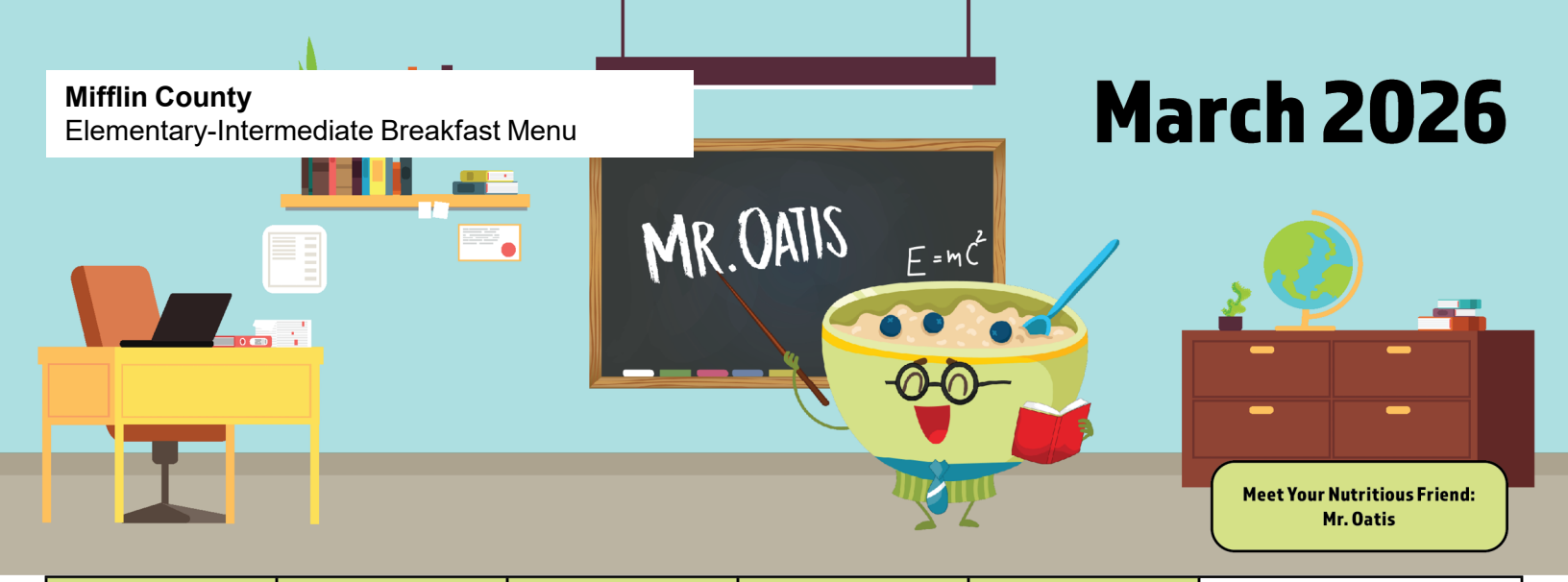
Mifflin County
Elementary-Intermediate Breakfast Menu

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/ Mufflins	**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/ Mufflins	**12** French Toast Sticks with Syrup Assorted Cereals w/ Muffins	**13** **Act 80 Day No School**
16 Mini Maple Pancakes Assorted Cereals w/ Mufflins	**17** Breakfast Pizza Assorted Cereals w/ Mufflins	**18** Egg, Sausage & Cheese Maple Flatbread Assorted Cereals w/ Mufflins	**19** Chocolate Chip French Toast Assorted Cereals w/ Mufflins	**20** Apple Strudel Assorted Cereals w/ Muffins
23 Mini Cinni Rolls Assorted Cereals w/ Mufflins	**24** Breakfast Pizza Assorted Cereals w/ Mufflins	**25** Blueberry Pancakes Assorted Cereals w/ Mufflins	**26** French Toast Sticks with Syrup Assorted Cereals w/ Mufflins	**27** Breakfast Banana Split Assorted Cereals w/ Muffins
30 Mini Blueberry Donut Holes Assorted Cereals w/ Mufflins	**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

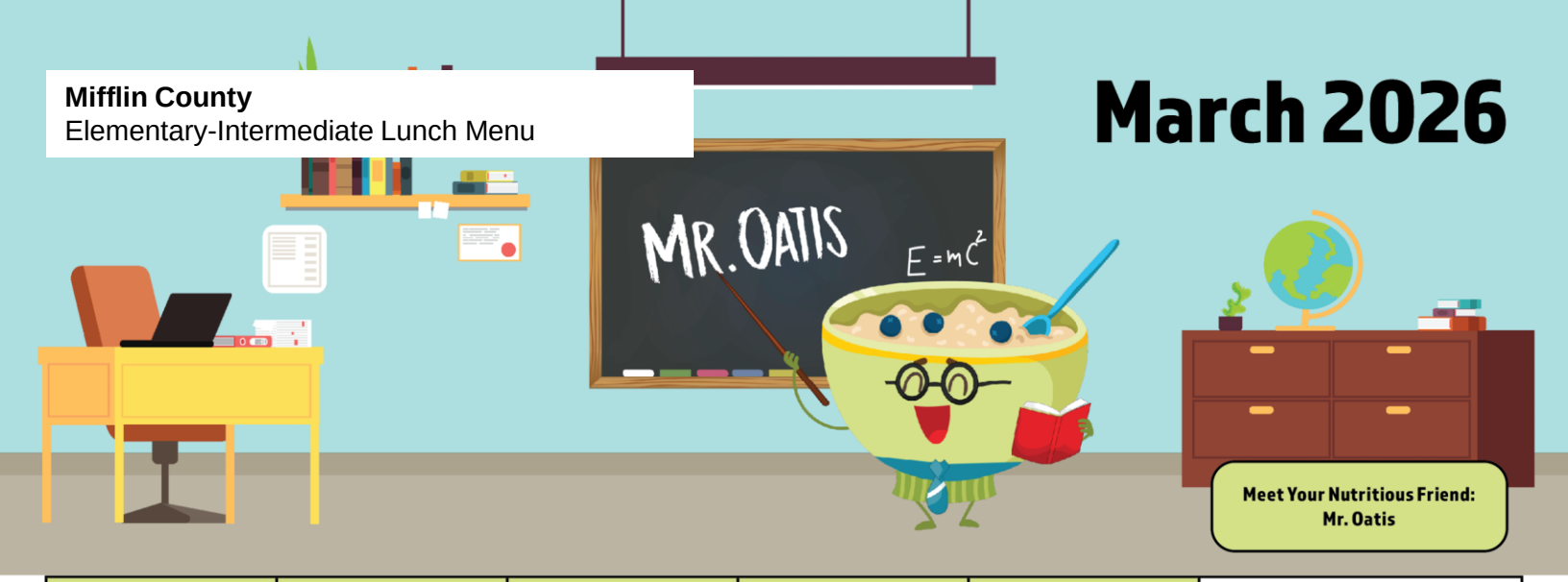
Meal Prices
Student Breakfast $1.50
Reduced Breakfast $.30
Breakfasts are Free the 2025-2026 School Year

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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

Mifflin County
Elementary-Intermediate Lunch Menu

March 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog Craveable: Pepperoni Flatbread Chicken Caesar Salad w/roll **FEATURED VEGGIES** Baked Beans Fries Day 4	**3** Nachos Grande Craveable: Pepperoni Flatbread Chicken Caesar Salad w/roll FEATURED VEGGIES Lettuce & Tomato Corn Day 5	**4** Chicken and Corn Chowder w/ Peanut Butter Sandwich Craveable: Pepperoni Flatbread Chicken Caesar Salad w/roll FEATURED VEGGIES Celery Green Beans Day 6	**5** Sausage, Egg & Cheese Sandwich Craveable: Pepperoni Flatbread Chicken Caesar Salad w/roll FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 1	**6** Fish Sticks w/ Mac and Cheese Craveable: Pepperoni Flatbread Chicken Caesar Salad w/roll FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 2
9 Cheeseburger On Roll Craveable; Soft Pretzel Garden Salad w Goldfish & Roll FEATURED VEGGIES Baked Beans Fries Day 3	**10** Walking Taco Craveable; Soft Pretzel Garden Salad w Goldfish & Roll FEATURED VEGGIES Lettuce & Tomato Corn Day 4	**11** Grilled Cheese Sandwich Craveable; Soft Pretzel Garden Salad w Goldfish & Roll FEATURED VEGGIES Tomato Soup Peas Day 5	**12** Pasta w/ Meat Sauce Breadstick Craveable; Soft Pretzel Garden Salad w Goldfish & Roll FEATURED VEGGIES Green Beans Baby Carrots Day 6	**13** **Act 80 Day** **No School** Day 1
16 Chicken Patty Craveable: Bread Stick Chef Salad w/ Roll FEATURED VEGGIES Tots Gr Pepper Strips Day 2	17 Cheese Quesadilla Craveable: Bread Stick Chef Salad w/ Roll ***(St. Patty's Day Treat)*** FEATURED VEGGIES Lettuce & Tomato Black Beans Day 3	18 Pancakes & Sausage Craveable: Bread Stick Chef Salad w/ Roll FEATURED VEGGIES Tots Baby Carrots Day 4	19 Chicken Alfredo Breadstick Craveable: Bread Stick Chef Salad w/ Roll FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 5	20 Cheese Pizza Craveable: Bread Stick Chef Salad w/ Roll FEATURED VEGGIES Celery Green Beans Day 6
23 Popcorn Chicken Craveable: Yo-Go Turkey & Cheese Wrap FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 1	**24** Soft Beef Tacos Craveable: Yo-Go Turkey & Cheese Wrap FEATURED VEGGIES Lettuce & Tomato Corn Day 2	**25** Grilled Asian Chicken w /Rice Craveable: Yo-Go Turkey & Cheese Wrap FEATURED VEGGIES Steamed Broccoli Celery Day 3	**26** Ham & Cheese on Pretzel Roll Craveable: Yo-Go Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 4	**27** Maxi Sticks w/ Sauce Craveable: Yo-Go Turkey & Cheese Wrap FEATURED VEGGIES Green Beans Cucumbers Day 5
30 Meatball Sub Craveable; Walking Taco Garden Salad w Goldfish & Roll FEATURED VEGGIES Peas Cherry Tomatoes Day 6	**31** Cheeseburger Tots Craveable; Walking Taco Garden Salad w Goldfish & Roll FEATURED VEGGIES Tots Baked Beans Day 1			

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

Craveables

Weekly Cold Cut Sandwiches & Wraps

Your Team

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

Meal Prices

Student Lunch $2.95
Reduced Lunch $.40

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