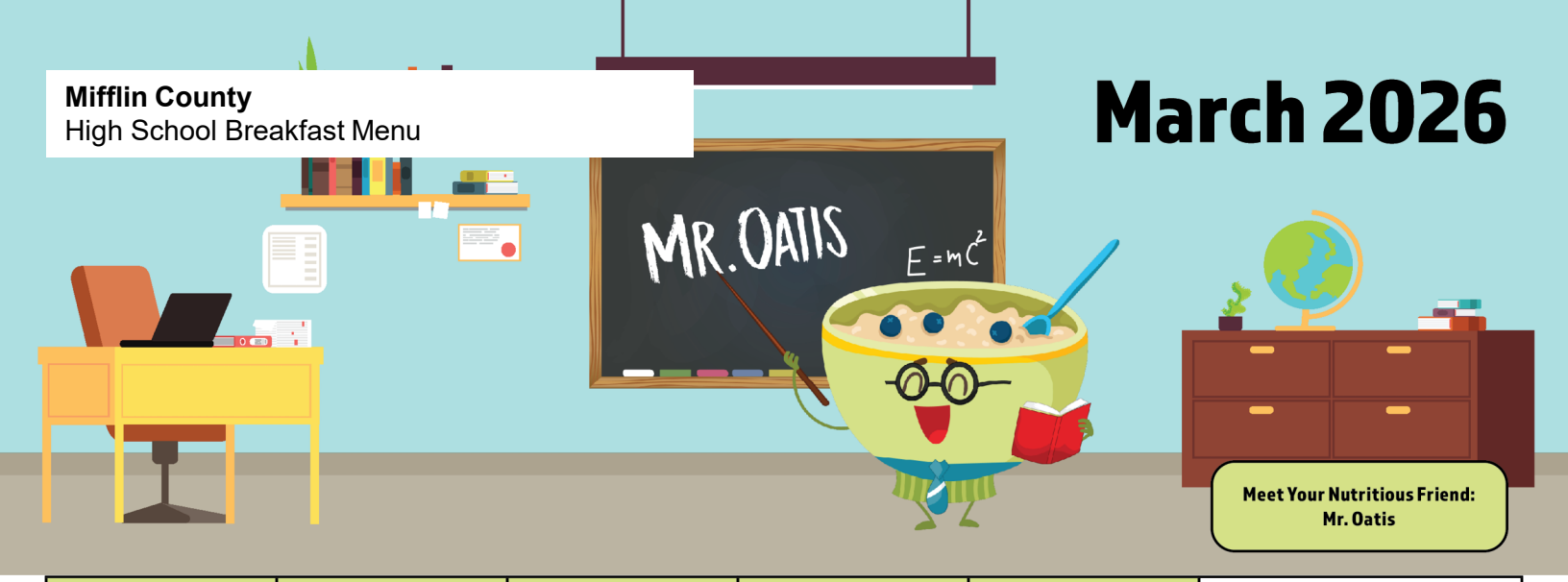
Mifflin County
High School Breakfast Menu

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
High School Lunch Menu

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Cheese Dog **FEATURED VEGGIES** Baked Beans Fries Day 4	**3** Beef Tacos FEATURED VEGGIES Lettuce & Tomato Corn Day 5	**4** Chicken and Corn Chowder w/ Peanut Butter Sandwich FEATURED VEGGIES Celery Green Beans Day 6	**5** Sausage, Egg & Cheese Sandwich FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 1	**6** Fish Sticks w/ Mac and Cheese FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 2
9 Spicy Chicken Sandwich FEATURED VEGGIES Baked Beans Fries Day 3	**10** Walking Taco FEATURED VEGGIES Lettuce & Tomato Corn Day 4	**11** Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup Peas Day 5	**12** Pasta w/ Meat Sauce Breadstick FEATURED VEGGIES Green Beans Baby Carrots Day 6	**13** **Act 80 Day No School** Day 1
16 Buffalo Chicken Flatbread FEATURED VEGGIES Tots Gr Pepper Strips Day 2	**17** Chicken & Cheese Quesadilla ***(St. Patty's Day Treat)*** FEATURED VEGGIES Lettuce & Tomato Black Beans Day 3	**18** Stromboli Day FEATURED VEGGIES Celery Green Beans Day 4	**19** Chicken Alfredo Breadstick FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 5	**20** Pancakes & Sausage FEATURED VEGGIES Hash Brown Baby Carrots Day 6
23 Popcorn Chicken Bowl FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 1	**24** Nachos Grande FEATURED VEGGIES Lettuce & Tomato Corn Day 2	**25** Grilled Asian Chicken w /Rice FEATURED VEGGIES Steamed Broccoli Celery Day 3	**26** Ham, Egg, & Cheese Sandwich FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 4	**27** Maxi Sticks w/ Sauce FEATURED VEGGIES Green Beans Cucumbers Day 5
30 Meatball Sub FEATURED VEGGIES Peas Cherry Tomatoes Day 6	**31** Cheeseburger Tots 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

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

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

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