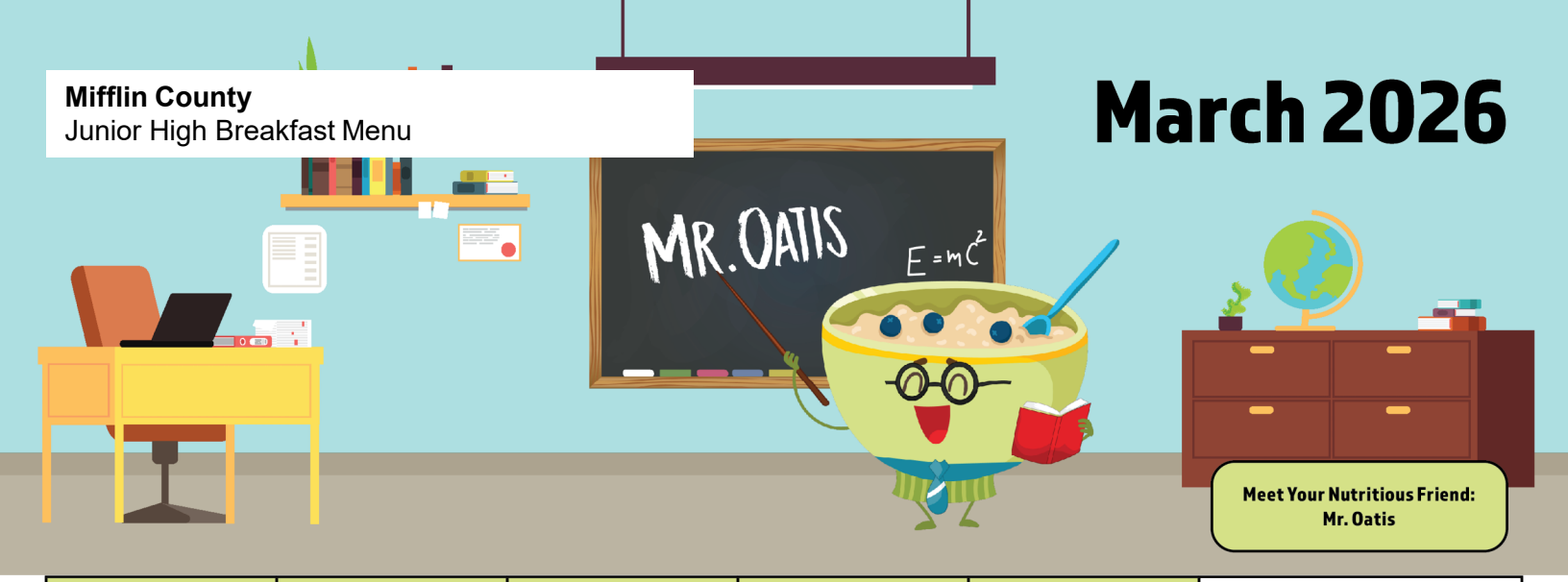
Mifflin County
Junior High Breakfast Menu

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
Junior High Lunch Menu

March 2026

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

Weekly Cold Cut Sandwiches & Wraps or Pizza

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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