

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

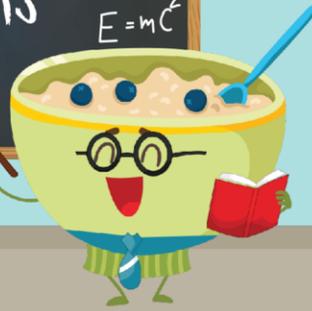
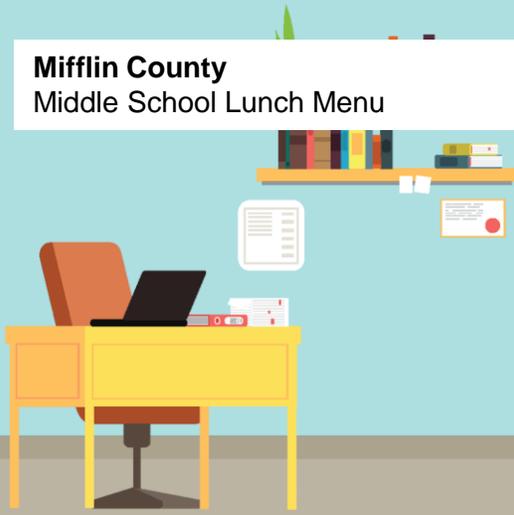
Your Team
Bob DuFour--Food Service Director
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Meal Prices
Student Breakfast \$1.50
Reduced Breakfast \$.30
Breakfasts are Free the 2025-2026 School Year



Mifflin County
Middle School Lunch Menu

March 2026



**Meet Your Nutritious Friend:
Mr. Oatis**

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

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 1/2 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

Your Team
Bob DuFour--Food Service Director
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rd02@mcsdk12.org

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

