

Mifflin County
Elementary Breakfast Menu

May 2026



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Dutch Waffle Assorted Cereals w/ Muffin
4 Maple Pancakes Assorted Cereals w/ Muffin	5 Breakfast Pizza Assorted Cereals w/ Muffin	6 Egg, Sausage & Cheese Assorted Cereals w/ Muffin	7 French Toast Sticks with Syrup Assorted Cereals w/ Muffin	8 Breakfast Banana Split Assorted Cereals w/ Muffin
11 Blueberry Pancakes Assorted Cereals w/ Muffin	12 Breakfast Pizza Assorted Cereals w/ Muffin	13 Egg & Cheese Croissant Assorted Cereals w/ Muffin	14 Chocolate Chip French Toast Assorted Cereals w/ Muffin	15 Dutch Waffle Assorted Cereals w/ Muffin
18 Birthday Pancakes Assorted Cereals w/ Muffin	19 Breakfast Pizza Assorted Cereals w/ Muffin	20 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffin	21 French Toast Sticks with Syrup Assorted Cereals w/ Muffin	22 Breakfast Banana Split Assorted Cereals w/ Muffin
25 <u>No School Memorial Day</u>	26 <u>Cooks Choice</u>	27 <u>Cooks Choice</u>	28 <u>Cooks Choice</u>	29 Cooks Choice <i>Have a great Summer!!</i>

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





Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Toasted Pepperoni Pizza Flatbread Sandwich</p> <p>Breadstick Dipper Craveable (V)</p> <p>Chef Salad with Dinner Roll FEATURED VEGGIES Peas, Corn Cycle Day 5</p>
<p>4</p> <p>Hot Dog Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Fries, Green Peppers</p>	<p>5</p> <p>Beef & Cheddar Nachos (Grande) Yogurt Craveable (V) Turkey & Cheese Wrap FEATURED VEGGIES Baked Beans, Carrots</p>	<p>6 Cycle Days: 6, 1, 2, 3, 4</p> <p>Toasted Cheese Sandwich Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Tomato Soup, Corn</p>	<p>7</p> <p>Chicken Parm Sandwich Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Green Beans, Celery</p>	<p>8</p> <p>Pizza Crunchers Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Peas, Caesar Side Salad</p>
<p>11</p> <p>Chicken Patty Walking Taco Craveable Grilled Chicken Salad w/ Roll</p> <p>FEATURED VEGGIES Mashed Potato, Baked Bean</p>	<p>12</p> <p>Chicken & Cheese Quesadilla Walking Taco Craveable Grilled Chicken Salad w/ Roll</p> <p>FEATURED VEGGIES Corn, Green Beans</p>	<p>13 Cycle Days: 5, 6, 1, 2, 3</p> <p>Pasta & Meat Sauce / Breadstick Walking Taco Craveable Grilled Chicken Salad w/ Roll</p> <p>FEATURED VEGGIES St Broccoli, Carrot Sticks</p>	<p>14</p> <p>Ham & Cheese Sub Walking Taco Craveable Grilled Chicken Salad w/ Roll</p> <p>FEATURED VEGGIES Baked Beans, Side Caesar</p>	<p>15</p> <p>Cheese Pizza Walking Taco Craveable Grilled Chicken Salad w/ Roll</p> <p>FEATURED VEGGIES Corn, Fresh Broccoli</p>
<p>18</p> <p>Cheeseburger Pizza Craveable Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Baked Bean, Cucumber</p>	<p>19</p> <p>Beef Soft Tacos w/Rice Pizza Craveable Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Corn, Carrots</p>	<p>20 Cycle Days: 4, 5, 6, 1, 2</p> <p>Pancakes & Sausage Pizza Craveable Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Green Beans, Tomatoes</p>	<p>21</p> <p>Cheeseburger Tots (Beef & Cheddar Tots) Pizza Craveable Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Tots, Baked Bean</p>	<p>22</p> <p><u>Chef's Choice</u></p>
<p>25</p> <p><u>No School Memorial Day</u></p>	<p>26</p> <p><u>Chef's Choice</u></p>	<p>27 Cycle Days: 3, 4, 5, 6</p> <p><u>Chef's Choice</u></p>	<p>28</p> <p><u>Chef's Choice</u></p>	<p>29</p> <p><u>Chef's Choice</u> Have a Great Summer!!</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 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
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Meal Prices
Student Lunch \$2.95
Reduced Lunch \$.40

