



**Mifflin County School District  
Secondary Breakfast  
October 2024**

Questions, Please Contact  
"Food Service Director"  
Bob DuFour  
717-248-0148  
Ext. 2514  
[rd02@mcsdk12.org](mailto:rd02@mcsdk12.org)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>French Toast Sticks Or PBJ</p>	<p>Sausage, Egg &amp; Cheese Sandwich Or PBJ</p>	<p>Assorted Cereal w/Muffin Or PBJ</p>	<p>Pancakes Or PBJ</p>	<p>Breakfast Pizza Or PBJ</p>

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk  
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

**OTHER BREAKFAST  
OPTIONS AVAILABLE DAILY:**

*Assorted Cereals  
Muffins,  
Pop Tarts,,  
Whole Grain Donuts  
&  
Mini Cinnis*

*Start Your Day off With a  
"Free" Breakfast for 24-25 School Year*



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Menu Subject to Change Based Upon Product Availability