



BREAKFAST @SCHOOL

For first-class learning!

Susquehanna Township Middle School

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU FOR NOVEMBER 2017

This institution is an equal opportunity provider. Menu is subject to change.

HEY KIDS (& PARENTS)!

Breakfast at our school cafeteria offers you a convenient (and tasty!) alternative for the most important meal of the day! The SAME APPLICATION qualifies you for free or reduced-price BREAKFAST AND LUNCH, and we accept applications all year long. Please join us often! Call 657-5100 x30132 for more information.



Wednesday, November 1

Mini Bagels w/
Cinnamon Cream
Cheese

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, November 2

Mini Maple
Pancakes

Banana

Chef's Choice Fruit

Assorted Milk

Friday, November 3

Cereal Bar &
Trix Yogurt Cup

Applesauce

Chef's Choice Fruit

Assorted Milk

Breakfast Bites!



Want to know a simple way to make your breakfast cereal healthier? **Sprinkle on a handful of pumpkin seeds!** They're loaded with healthy fatty acids, fiber, minerals, and protein. Best of all, you can roast your own pumpkin seeds this time of year **when you carve up a jack-o-lantern!**

Monday, November 6

Apple Cinnamon
Muffin

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, November 7

**No
School**

**Parent/Teacher
Conferences**

Wednesday, November 8

Warm Biscuit
w/Butter & Jelly

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, November 9

Cereal
Bowl

Banana

Chef's Choice Fruit

Assorted Milk

Friday, November 10

**No
School**

**Veteran's
Day**

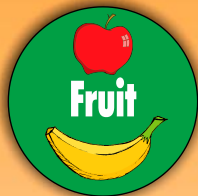
First things First

**Choose at least ONE
serving of FRUIT and at
least THREE items TOTAL
so your meal counts as a Complete Breakfast!**

BREAKFAST@SCHOOL
For first-class learning!

First things First

To make a breakfast,
choose at least one



or



and at
least
three
items
total



SUSQUEHANNA TWP SCHOOL DISTRICT
FOOD SERVICE

Monday, November 13

Banana
Loaf

Applesauce

100% Fruit Juice

Assorted Milk

Tuesday, November 14

Mini Cinnamon
Rolls

Orange Smiles

Chef's Choice Fruit

Assorted Milk

Wed., November 15

Pop
Tarts

Banana

100% Fruit Juice

Assorted Milk

Thursday, November 16

Mini Blueberry
Waffles

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Friday, November 17

Cereal Bar &
Trix Yogurt Cup

Sliced Pears

Chef's Choice Fruit

Assorted Milk

Monday, November 20

Chef's
Choice

Chef's Choice Fruit

100% Fruit Juice

Assorted Milk

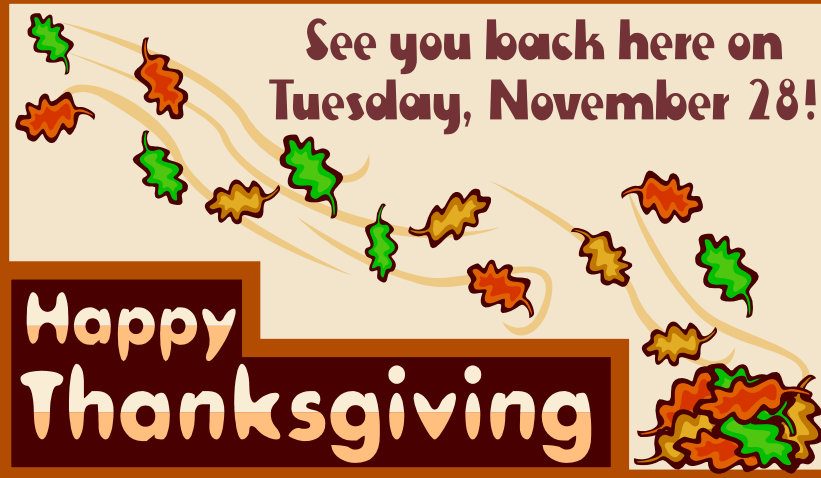
Tuesday, November 21

Cereal Bar &
Trix Yogurt Cup

Applesauce

Chef's Choice Fruit

Assorted Milk



NOT SO FAST.

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, November 27

**No
School**

**Last Day
of
Thanksgiving
Break**

Tuesday, November 28

Blueberry
Loaf

Mixed Fruit

100% Fruit Juice

Assorted Milk

Wednesday, November 29

Mini Cinnamon
Rolls

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Thursday, November 30

Mini Berry
French Toast

Sliced Pears

100% Fruit Juice

Assorted Milk