

# BREAKFAST @SCHOOL

For first-class learning!

Sara Lindemuth/Anna Carter Primary School

Featuring  
Healthy Fruits  
& Grains!

## BREAKFAST MENU FOR OCTOBER 2017

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

Monday, October 2

Chocolate Chip Muffin

Sliced Pears

100% Fruit Juice

Assorted Milk

Tuesday, October 3

Mini Bagels w/  
Cinnamon Cream Cheese

Chilled Peaches

100% Fruit Juice

Assorted Milk

Wednesday, October 4

**New!**  
Pop Tarts

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, October 5

Mini Maple Pancakes

Banana

100% Fruit Juice

Assorted Milk

Friday, October 6

Cereal Bar &  
Trix Yogurt Cup

Applesauce

100% Fruit Juice

Assorted Milk

## STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food – like chips, pizza, soup, and even bread!



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

Monday, October 9

**No School**

**Professional Development**

**Columbus Day**

Tuesday, October 10

Apple Cinnamon Muffin

Chilled Peaches

100% Fruit Juice

Assorted Milk

Wednesday, October 11

Warm Biscuit w/Butter & Jelly

Cup of Grapes

100% Fruit Juice

Assorted Milk

Thursday, October 12

Plain Bagel w/Cream Cheese

Banana

100% Fruit Juice

Assorted Milk

Friday, October 13

Cereal Bar &  
Trix Yogurt Cup

Mixed Fruit

100% Fruit Juice

Assorted Milk

First things First

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

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Monday, October 16

Banana Loaf

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, October 17

Mini Bagels w/ Cinnamon Cream Cheese

Applesauce

100% Fruit Juice

Assorted Milk

Wed., October 18

Mini Blueberry Waffles

Orange Smiles

100% Fruit Juice

Assorted Milk

Thursday, October 19

Apple Frudel

Banana

100% Fruit Juice

Assorted Milk

Friday, October 20

Cereal Bar & Trix Yogurt Cup

Mixed Fruit

100% Fruit Juice

Assorted Milk

Monday, October 23

Blueberry Loaf

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, October 24

Mini Cinnamon Rolls

Cup of Grapes

100% Fruit Juice

Assorted Milk

Wed., October 25

Mini Berry French Toast

Sliced Pears

100% Fruit Juice

Assorted Milk

Thursday, October 26

Plain Bagel w/Cream Cheese

Banana

100% Fruit Juice

Assorted Milk

Friday, October 27

Cereal Bar & Trix Yogurt Cup

Mixed Fruit

100% Fruit Juice

Assorted Milk

Monday, October 30

Cereal Bowl

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, October 31

Chocolate Chip Muffin

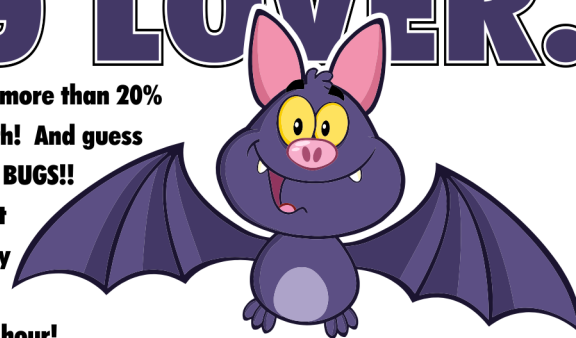
Sliced Pears

100% Fruit Juice

Assorted Milk

# BUG LOVER.

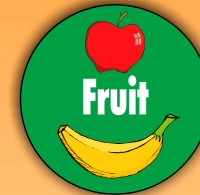
Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!! A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



## ANIMAL APPETITES

# First things First

To make a breakfast, choose at least one



or



and at least three items total



SUSQUEHANNA TWP SCHOOL DISTRICT FOOD SERVICES

Make the healthy, economical choice!

Breakfast \$1.75

Get in touch with us today to learn more about free and reduced-price meals in our district: 717-657-5100 x30132 or jmc michael@hannasd.org