BREAKFAST @SCHOOL

For first-class learning!

Thomas Holtzman Elementary 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	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Chocolate Chip Muffin	Mini Bagels w/ Cinnamon Cream Cheese	***New!*** **Pop Tarts**	Mini Maple Pancakes	Cereal Bar & Trix Yogurt Cup
Sliced Pears	Chilled Peaches	Mixed Fruit	Banana	Applesauce
100% Fruit Juice	Chef's Choice Fruit	100% Fruit Juice	Chef's Choice Fruit	Chef's Choice Fruit
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	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	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
No School	Apple Cinnamon Muffin	Warm Biscuit w/Butter & Jelly	Mini Bagels w/ Strawberry Cream Cheese	Cereal Bar & Trix Yogurt Cup
Professional Development	Chilled Peaches	Cup of Grapes	Banana	Mixed Fruit
	Chef's Choice Fruit	100% Fruit Juice	Chef's Choice Fruit	Chef's Choice Fruit
Columbus Day	Assorted Milk	Assorted Milk	Assorted Milk	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	Tuesday, October 17	Wed., October 18	Thursday, October 19	Friday, October 20
Banana Loaf	Mini Bagels w/ Cinnamon Cream Cheese	Mini Blueberry Waffles	Apple Frudel	Cereal Bar & Trix Yogurt Cup
Chilled Peaches	Applesauce	Orange Smiles	Banana	Mixed Fruit
100% Fruit Juice	Chef's Choice Fruit	100% Fruit Juice	Chef's Choice Fruit	Chef's Choice Fruit
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Monday, October 23	Tuesday, October 24	Wed., October 25	Thursday, October 26	Friday, October 27
Blueberry Loaf	Mini Cinnamon Rolls	Mini Berry French Toast	Mini Bagels w/ Strawberry Cream Cheese	Cereal Bar & Trix Yogurt Cup
Chilled Peaches	Cup of Grapes	Sliced Pears	Banana	Mixed Fruit
100% Fruit Juice	Chef's Choice Fruit	100% Fruit Juice	Chef's Choice Fruit	Chef's Choice Fruit
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Monday, October 30	Tuesday, October 31
Cereal Bowl	Chocolate Chip Muffin
Chilled Peaches	Sliced Pears
100% Fruit Juice	Chef's Choice Fruit
Assorted Milk	Assorted Milk

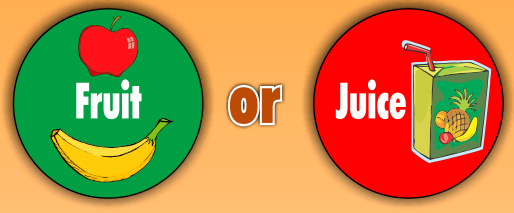
BUG LOVER.

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



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 jmcmichael@hannasd.org