



# BREAKFAST @SCHOOL

For first-class learning!

Susquehanna Township Middle School

Featuring  
Healthy Fruits  
& Grains!

**BREAKFAST MENU  
FOR February 2019**

*This institution is an equal opportunity provider and employer.*

*Now Hiring*

**Looking for a way to earn some extra cash? Want to work around your children's school schedule?**

STSD is seeking Part-Time Food Service workers. Come be part of a rewarding team preparing and serving nutritious meals for our students. Shifts vary from 4 to 5 hours between 8:00 am – 2:00 pm. For more information, contact 717-657-5100 X30 132 or [jmcmichael@hannasd.org](mailto:jmcmichael@hannasd.org)

Friday, February 1

Cereal Bowl

Mixed Fruit

Chef's Choice Fruit

Assorted Milk

**MOVE!**

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

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

Monday, February 4

Blueberry Loaf

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, February 5

Mini Cinnamon Rolls

Cup of Grapes

Chef's Choice Fruit

Assorted Milk

Wednesday, February 6

Cereal Bar & Trix Yogurt Cup

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, February 7

Funnel Cake Waffle

Sliced Pears

Chef's Choice Fruit

Assorted Milk

Friday, February 8

Chocolate Filled Crescent Roll

Banana

Chef's Choice Fruit

Assorted Milk

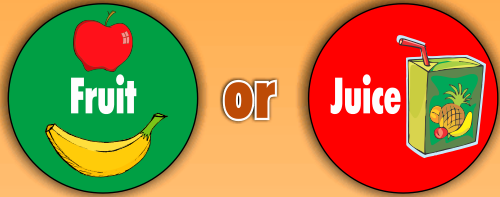
First things First

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

**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  
NUTRITION SERVICES

Monday, February 11

Chocolate Chip Muffin

Sliced Pears

100% Fruit Juice

Assorted Milk

Tuesday, February 12

Mini Bagels w/  
Cinnamon Cream Cheese

Chilled Peaches

Chef's Choice Fruit

Wednesday, February 13

Pop Tarts

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, February 14

Mini Maple Pancakes

Banana

Chef's Choice Fruit

Assorted Milk

Friday, February 15

Cereal Bowl

Applesauce

Chef's Choice Fruit

Assorted Milk

Monday, February 18



**NO SCHOOL TODAY**

Tuesday, February 19

Apple Cinnamon Muffin

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Wednesday, February 20

Warm Biscuit w/Butter & Jelly

Cup of Grapes

100% Fruit Juice

Assorted Milk

Thursday, February 21

Grape Jelly Filled Crescent Roll

Banana

Chef's Choice Fruit

Assorted Milk

Friday, February 22

Cereal Bar & Trix Yogurt Cup

Mixed Fruit

Chef's Choice Fruit

Assorted Milk

**Still the best deal in town!**

**Breakfast \$1.75**

Monday, February 25

Banana Loaf

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, February 26

Mini Maple Sausage Pancake Bites

Applesauce

Chef's Choice Fruit

Assorted Milk

Wednesday, February 27

Mini Blueberry Waffles

Orange Smiles

100% Fruit Juice

Assorted Milk

Thursday, February 28

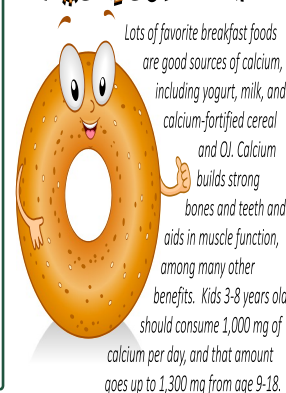
Apple Frudel

Banana

Chef's Choice Fruit

Assorted Milk

**Breakfast Bites!**



Get in touch with us today to learn more about free and reduced-price meals in our district: 657-5100 X30132 or [jmanichael@hannasd.org](mailto:jmanichael@hannasd.org)