



BREAKFAST @SCHOOL

For first-class learning!

Susquehanna Township Middle School

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU FOR APRIL 2019

This institution is an equal opportunity provider and employer.

Monday, April 1

Blueberry
Loaf

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, April 2

Mini
Cinnamon Rolls

Cup of Grapes

Chef's Choice Fruit

Assorted Milk

Wednesday, April 3

Cereal Bar &
Trix Yogurt Cup

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, April 4

Funnel Cake Waffle

Sliced Pears

Chef's Choice Fruit

Assorted Milk

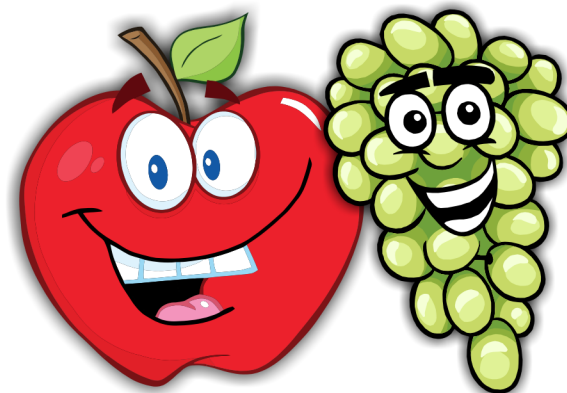
Friday, April 5

Chocolate Filled
Crescent Roll

Banana

Chef's Choice Fruit

Assorted Milk



come join us for

Breakfast@School

Monday, April 8

Chocolate Chip
Muffin

Sliced Pears

100% Fruit Juice

Assorted Milk

Tuesday, April 9

Mini Bagels w/
Cinnamon Cream
Cheese

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Wednesday, April 10

Pop
Tarts

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, April 11

Mini Maple
Pancakes

Banana

Chef's Choice Fruit

Assorted Milk

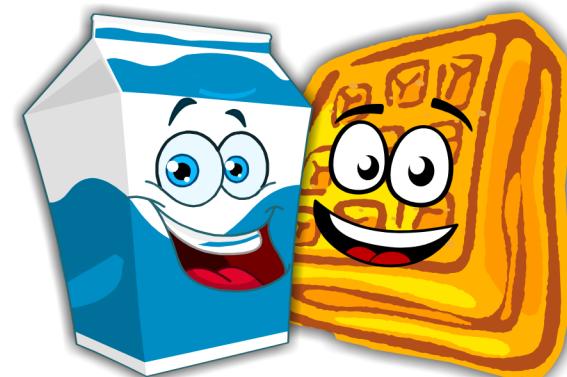
Friday, April 12

Cereal Bowl

Applesauce

Chef's Choice Fruit

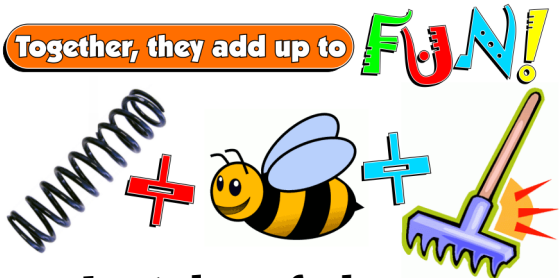
Assorted Milk



Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
Mini Bagels w/ Strawberry Cream Cheese	Apple Cinnamon Muffin	Warm Biscuit w/Butter & Jelly	Grape Jelly Filled Crescent Roll	No School
100% Fruit Juice	Chilled Peaches	Cup of Grapes	Banana	Spring Break
Chef's Choice Fruit	Chef's Choice Fruit	100% Fruit Juice	Chef's Choice Fruit	
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	

Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
No School	Mini Maple Sausage Pancake Bites	Mini Blueberry Waffles	Apple Frudel	Cereal Bowl
Spring Break	Applesauce	Orange Smiles	Pineapples	Banana
	Chef's Choice Fruit	100% Fruit Juice	Chef's Choice Fruit	Chef's Choice Fruit
	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Monday, April 29	Tuesday, April 30
Blueberry Loaf	Mini Cinnamon Rolls
Chilled Peaches	Cup of Grapes
100% Fruit Juice	Chef's Choice Fruit
Assorted Milk	Assorted Milk



**Last day of classes:
Thursday, April 18**
**Classes resume:
Tuesday, April 23**

First things First

**To make a breakfast,
choose at least one**

Fruit

or

Juice

Fruit

**and at
least
three
items
total**

Grains

Milk

**SUSQUEHANNA TOWNSHIP SD
FOOD SERVICE**

EGG-CELLENT.

Ah, the humble, wonderful egg!
Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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