



BREAKFAST @SCHOOL

For first-class learning!

Susquehanna Township Middle School

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU
May 2019

This institution is an equal opportunity provider and employer.

**Make the healthy,
economical choice!**

Breakfast \$2.00

Get in touch with us today to learn more about
free and reduced-price meals in our district:
717-657-5100 ext. 30132 or jmcmichael@hannasd.org

Monday, May 6

- Chocolate Chip Muffin
- Chef's Choice Fruit
- 100% Fruit Juice
- Assorted Milk

Tuesday, May 7

- Mini Bagels w/ Cinnamon Cream Cheese
- Chilled Peaches
- Chef's Choice Fruit
- Assorted Milk

Wednesday, May 8

- Pop Tarts
- 100% Fruit Juice
- Chef's Choice Fruit
- Assorted Milk

Thursday, May 9

- Mini Maple Pancakes
- Banana
- Chef's Choice Fruit
- Assorted Milk

Friday, May 10

- Cereal Bowl
- Applesauce
- Chef's Choice Fruit
- Assorted Milk

Wednesday, May 1

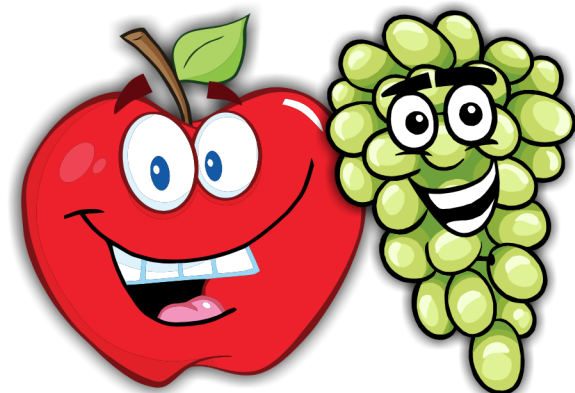
- Chef's Choice
- 100% Fruit Juice
- Chef's Choice Fruit
- Assorted Milk

Thursday, May 2

- Mini Bagels w/ Strawberry Cream Cheese
- Cup of Grapes
- Chef's Choice Fruit
- Assorted Milk

Friday, May 3

- Cereal Bar & Trix Yogurt Cup
- Mixed Fruit
- Chef's Choice Fruit
- Assorted Milk



come join us for

Breakfast@School



Monday, May 13

Apple Cinnamon Muffin

100% Fruit Juice

Chef's Choice Fruit

Assorted Milk

Tuesday, May 14

Yogurt & Fruit Parfait w/ Granola

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Wednesday, May 15

Warm Biscuit w/Butter & Jelly

Cup of Grapes

100% Fruit Juice

Assorted Milk

Thursday, May 16

Grape Jelly Filled Crescent Roll

Banana

Chef's Choice Fruit

Assorted Milk

Friday, May 17

Cereal Bar & Trix Yogurt Cup

Pears

Chef's Choice Fruit

Assorted Milk

Monday, May 20

Mini Blueberry Waffles

100% Fruit Juice

Chef's Choice Fruit

Assorted Milk

Tuesday, May 21

No School for Students

Teacher In-Service Day

Wednesday, May 22

Mini Maple Sausage Pancake Bites

Orange Smiles

100% Fruit Juice

Assorted Milk

Thursday, May 23

Apple Frudel

Pineapples

Chef's Choice Fruit

Assorted Milk

Friday, May 24

Cereal Bowl

Chef's Choice Fruit

Chilled Peaches

Assorted Milk

Monday, May 27

No School

Happy Memorial Day

Tuesday, May 28

Mini Cinnamon Rolls

Mixed Fruit

Chef's Choice Fruit

Assorted Milk

Wednesday, May 29

Chef's Choice

Chef's Choice Fruit

100% Fruit Juice

Assorted Milk

Thursday, May 30

Funnel Cake Waffle

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Friday, May 31

Cereal Bar & Trix Yogurt Cup

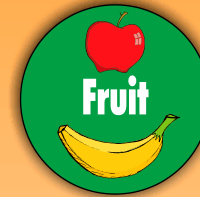
Banana

Chef's Choice Fruit

Assorted Milk

First things First

To make a breakfast, choose at least one



OR



and at least three items total



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!