



MENUS FOR
APRIL 2018

**Susquehanna Township
High School**

This institution is an equal opportunity
provider. Menus are subject to change.

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



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

BEAK EFFICIENCY.




The Tufted Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!

Photo by Nature's Pics

ANIMAL APPETITES

★ OUR NATION'S HISTORY ★

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
No School	Hanna Buffet Cheese Dunkers w/Marinara Sauce	Hanna Buffet Popcorn Chicken w/Mashed Potato Bowl	Hanna Buffet Taco Pierogie w/Tea Roll	Hanna Buffet French Bread Pizza with or without Pepperoni
Spring Break	Deli Rail Ham & Cheese on a Pretzel Roll or Select Sandwiches and Salads	Deli Rail Turkey Croissant Sandwich or Select Sandwiches and Salads	Deli Rail Chicken Sticks & Tea Roll or Select Sandwiches and Salads	Deli Rail Buffalo Chicken Steak or Select Sandwiches and Salads
	Served with Choice of Waffle Fries, Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of Spicy Fries, Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of Potato Wedges, Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of New! Potato Rounds, Vegetable, Fresh Fruit and Assorted Milk

Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Hanna Buffet Spicy Popcorn Chicken & Macaroni & Cheese	Hanna Buffet Taco Day w/Rice Hard or Soft Shell	Hanna Buffet Chicken Parmesan & Spaghetti	Hanna Buffet Corn Dog Nuggets	Hanna Buffet Bosco Sticks w/Marinara Sauce
Deli Rail Pizza Burger or Select Sandwiches and Salads	Deli Rail Four Meat Pizza or Select Sandwiches and Salads	Deli Rail Cheeseburger or Select Sandwiches and Salads	Deli Rail Meatball Sub or Select Sandwiches and Salads	Deli Rail Spicy Chicken Sandwich or Select Sandwiches and Salads
Served with Choice of Thin Fries, Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of Seasoned Potatoes, Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of Potato Wedges, Baked Beans, Vegetable, Fresh Fruit and Assorted Milk	Served with Choice of Tater Tots, Vegetable, Fresh Fruit and Assorted Milk