

**Menus
for August/
September
2017**

**Susquehanna
Township
High School**



**EAT
YOUR
WATER.**



Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

**Fruitful
for your family.**



Our meals are fantastic for your family in more ways than one. First, we're there for you every day, so you don't have to worry. Plus, our prices are the best you'll find for a full, balanced meal. We also meet healthy standards that are unheard of in most meals. And, oh yeah, we offer fruit (or veggie) with every meal we serve every single day! Have a great year, and please join us often!

Monday, August 28

Hanna Buffet
Big Daddy Pizza with or without Pepperoni

Deli Rail
Chicken Nuggets & Baby Cakes or Select Sandwiches

Served with Choice of Vegetables, Assorted Fresh Fruits and Choice of Milk

Tuesday, August 29

Hanna Buffet
Bacon Cheeseburger & Garlic Gusto Fries

Deli Rail
Stromboli w/Marinara Sauce or Select Sandwiches

Served with Choice of Vegetables, Assorted Fresh Fruits and Choice of Milk

Wed., August 30

Hanna Buffet
Chicken Patty & French Fries

Deli Rail
Hot Dog & Baked Beans or Select Sandwiches

Served with Choice of Vegetables, Assorted Fresh Fruits and Choice of Milk

Thursday, August 31

Hanna Buffet
Walking Taco

Deli Rail
Buffalo Chicken Pizza or Select Sandwiches

Served with Choice of Vegetables, Assorted Fresh Fruits and Choice of Milk

Friday, September 1

Hanna Buffet
Honey Sriracha Boneless Wings & Tater Tots

Deli Rail
Turkey Pepperoni Stuffed Sandwich or Select Sandwiches

Served with Choice of Vegetables, Assorted Fresh Fruits and Choice of Milk

Monday, September 5

No School

Tuesday, September 5

Hanna Buffet
Spicy Chicken Tenders & Tea Roll

Deli Rail
Breakfast for Lunch w/ Yogurt or Select Sandwiches and Salads

Served with Choice of Vegetables, Assorted Fresh Fruits and Choice of Milk

Wed., September 6

Hanna Buffet
Nachos with Meat, Cheese & Rice

Deli Rail
Salisbury Steak w/Mashed Potatoes or Select Sandwiches and Salads

Served with Choice of Vegetables, Assorted Fresh Fruit and Choice of Milk

Thursday, September 7

Hanna Buffet
Stuffed Crust Pizza with or without Pepperoni

Deli Rail
BBQ Chicken Sandwich & Cubed Potatoes or Select Sandwiches and Salads

Served with Choice of Vegetables, Assorted Fresh Fruit and Choice of Milk

Friday, September 8

*Early Dismissal
No Lunch*

*Professional
Development*

Breakfast Lunch

\$2.00 \$3.10



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