Menus for May 2018

Susquehanna Township High School

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

Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
Hanna Buffet Rodeo Burger on French Bread **Deli Rail** Chicken Patty or Select Sandwiches & Salads Served with Choice of Spiral Fries, Vegetable, Fresh Fruit and Assorted Milk	***No Lunch*** ***Early Dismissal*** ***Professional Development***	**Hanna Buffet** Popcorn Chicken w/ Mashed Potato Bowl **Deli Rail** Turkey Croissant or Select Sandwiches & Salads Served with Choice of Spicy Fries, Vegetable, Fresh Fruit and Assorted Milk	**Hanna Buffet** French Bread Pizza with or without Pepperoni **Deli Rail** Buffalo Chicken Steak or Select Sandwiches & Salads Served with Choice of Potato Rounds, Vegetable, Fresh Fruit and Assorted Milk
Monday, May 7	**Tuesday, May 8**	**Wednesday, May 9**	**Thursday, May 10**	**Friday, May 11**
Hanna Buffet Spicy Popcorn Chicken w/Macaroni & Cheese **Deli Rail** Pizza Burger or Select Sandwiches & Salads Served with Choice of Thin Fries, Vegetable, Fresh Fruit and Assorted Milk	**Hanna Buffet** Taco Day w/Rice Hard or Soft Shell **Deli Rail** Four Meat Pizza or Select Sandwiches & Salads Served with Choice of Vegetable, Fresh Fruit and Assorted Milk	**Hanna Buffet** Chicken Parmesan & Spaghetti **Deli Rail** Cheeseburger or Select Sandwiches & Salads Served with Choice of Seasoned Potatoes, Vegetable, Fresh Fruit and Assorted Milk	**Hanna Buffet** Corn Dog Nuggets **Deli Rail** Meatball Sub or Select Sandwiches & Salads Served with Choice of Potato Wedges, Vegetable, Fresh Fruit and Assorted Milk	**Hanna Buffet** Bosco Sticks w/Marinara Sauce **Deli Rail** Spicy Chicken Sandwich or Select Sandwiches & Salads Served with Choice of Tater Tots, Vegetable, Fresh Fruit and Assorted Milk

CHECK. UP.

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP. Whether you're young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!

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

HORSES RUN ON BIG **HOOVES**, WHICH ARE LIKE OUR **FINGERNAILS** AND **TOENAILS**. THEIR "HANDS" AND "FEET" ARE MUCH LONGER THAN OURS -- A HORSE'S "WRIST" IS ACTUALLY **HALFWAY UP ITS FRONT LEG**, AND ITS "ANKLE" IS **HALFWAY UP ITS BACK LEG!**

STRANGE BUT TRUE!

NUTRITION TO GO

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

A QUICK BITE FOR PARENTS