

Menus for November 2017

Susquehanna Township High School

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



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NUTS.

White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

ANIMAL APPETITES

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!

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

Wednesday, November 1



Lunch will not be served

Thursday, November 2

Hanna Buffet

Rotini
w/Meat Sauce

Deli Rail

Sweet & Sour Chicken & Egg
Roll or Select Sandwiches
and Salads

Served with Choice of
Vegetables, Fresh Fruit
and Assorted Milk

Friday, November 3

Hanna Buffet

Stuffed Crust Pizza with or
without Pepperoni

Deli Rail

BBQ Chicken Sandwich or
Select Sandwiches
and Salads

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

Monday, November 6

Hanna Buffet

Italian Dunkers
w/Marinara Sauce

Deli Rail

Ham & Cheese on a Pretzel
Roll or Select Sandwiches
and Salads

Served with Choice of
Vegetables, Fresh Fruit and
Assorted Milk

Tuesday, November 7



No School Today!

Wednesday, November 8

Hanna Buffet

Popcorn Chicken
w/Mashed Potatoes

Deli Rail

Turkey Croissant Sandwich
or Select Sandwiches
and Salads

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

Thursday, November 9

Hanna Buffet

French Bread Pizza with or
without Pepperoni

Deli Rail

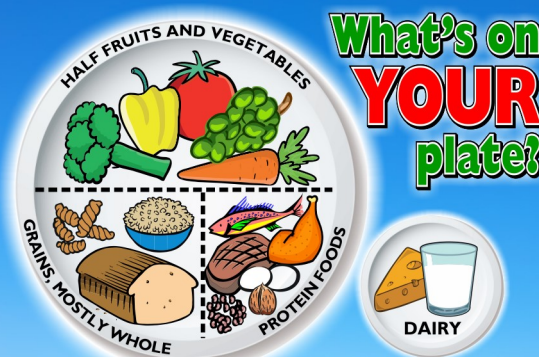
Mini Cheesesteak Pockets
or Select Sandwiches
and Salads

Served with Choice of
Vegetables, Fresh Fruit and
Assorted Milk

Friday, November 10



**Veteran's Day
No School Today**



What are the farmers in this picture harvesting?



Cranberries! The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html