



## MENUS FOR OCTOBER 2017

**Susquehanna Township High School**

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

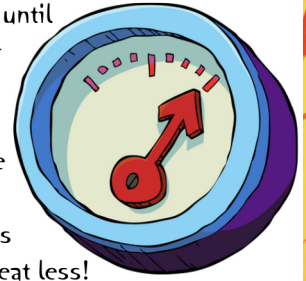
## NUTRITION *TO GO*

You've heard that "an apple a day keeps the doctor away." The original proverb, first recorded in Wales in the 1860s, was "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." However you say it, apples are nutritious and tasty. Whole apples fill you up longer and are healthier than apple juice or apple sauce.

### A QUICK BITE FOR PARENTS

## NOT SO FAST.

Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



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

## STRANGE BUT TRUE!

TREES THAT NATURALLY LOSE THEIR LEAVES ARE CALLED "DECIDUOUS," WHILE THOSE THAT NEVER LOSE THEIR LEAVES ARE "EVERGREEN." IN NORTH AMERICA, WE'RE USED TO DECIDUOUS TREES THAT LOSE THEIR LEAVES WHEN COLD WEATHER APPROACHES. **BUT THAT'S NOT TRUE EVERYWHERE.** SOME TREES, LIKE THE DESERT ACACIA TREE PICTURED HERE, LOSE THEIR LEAVES **BECAUSE IT'S TOO HOT, NOT TOO COLD!** WHEN DROUGHT AND HEAT THREATEN THEIR SURVIVAL, THEY CAN **DROP THEIR LEAVES ENTIRELY TO CONSERVE WATER!**



**Monday, October 2**

### Hanna Buffet

Cheese Steak Sandwich

### Deli Rail

Calzone w/Marinara Sauce or Select Sandwiches and Salads

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

**Tuesday, October 3**

### Hanna Buffet

Spicy Chicken Tenders & Tea Roll

### Deli Rail

Breakfast For Lunch w/ Yogurt or Select Sandwiches and Salads

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

**Wednesday, October 4**

**NO LUNCH**

**EARLY DISMISSAL**

**Thursday, October 5**

### Hanna Buffet

Nachos w/Meat, Cheese & Rice

### Deli Rail

*New! Pizza Crunchers* or Select Sandwiches and Salads

Served with Choice of Vegetables, Fresh Fruit and Assorted Milk

**Friday, October 6**

### Hanna Buffet

Stuffed Crust Pizza with or without Pepperoni

### Deli Rail

BBQ Chicken Sandwich or Select Sandwiches and Salads

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

**Monday, October 9**

**No School Today**



**Professional Day for Our Teachers**

**Tuesday, October 10**

### Hanna Buffet

Italian Dunkers w/Marinara Sauce

### Deli Rail

Ham & Cheese on Pretzel Roll or Select Sandwiches and Salads

Served with Choice of Vegetables, Fresh Fruit and Assorted Milk

**Wednesday, October 11**

### Hanna Buffet

Popcorn Chicken Bowl w/Mashed Potatoes

### Deli Rail

Turkey Croissant or Select Sandwiches and Salads

Served w/Choice of Potato Wedges, Vegetable, Fresh Fruits and Assorted Milk

**Thursday, October 12**

### Hanna Buffet

Taco Pierogies & Tea Roll

### Deli Rail

Chicken Sticks or Select Sandwiches and Salads

Served w/Choice of Spicy Fries, Vegetable, Fresh Fruits and Assorted Milk

**Friday, October 13**

### Hanna Buffet

French Bread Pizza with or without Pepperoni

### Deli Rail

Mini Cheesesteak Pockets or Select Sandwiches and Salads

Served with Choice of Vegetable, Fresh Fruits and Assorted Milk