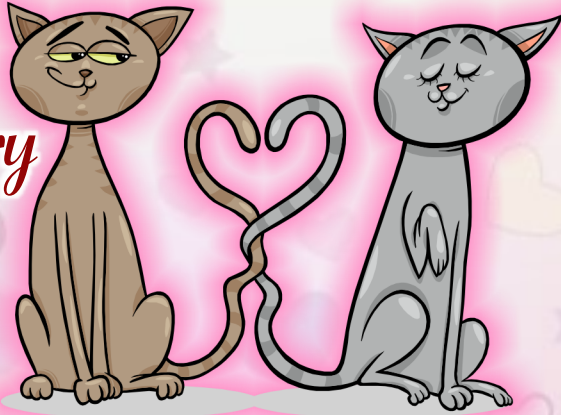


# Menus for February 2019

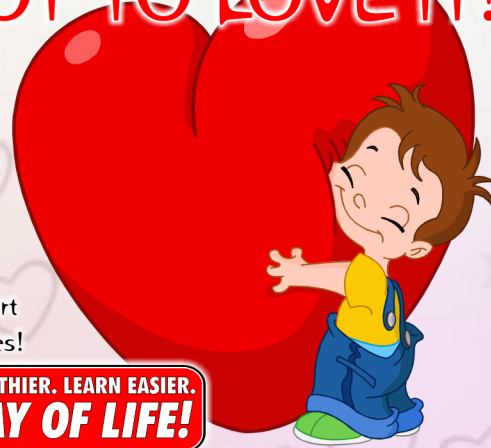
Susquehanna Township High School



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

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



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

Friday, February 1

No Lunch

Early Dismissal

### YEAR OF THE PIG



Monday, February 4

**Hanna Buffet**  
Cheese Dunkers & Marinara Sauce

**Deli Rail**

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

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

Tuesday, February 5

**Hanna Buffet**  
Taco Pieogies served w/ a Tea Roll

**Deli Rail**

Chicken Stick w/ a Tea Roll or Select Sandwiches and Salads

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

Wednesday, February 6

**Hanna Buffet**  
Rodeo Burger

**Deli Rail**

Chicken Patty or Select Sandwiches and Salads

Served with Choice of Spiral Fries, Vegetable, Fresh Fruit and Assorted Milk

Thursday, February 7

**Hanna Buffet**  
Popcorn Chicken w/ Mashed Potatoes & Corn

**Deli Rail**

Turkey Croissant or Select Sandwiches and Salads

Served with Choice of Cubed Potatoes, Vegetable, Fresh Fruit and Assorted Milk

Friday, February 8

**Hanna Buffet**  
French Bread Pizza with or without Pepponi

**Deli Rail**

Buffalo Chicken Steak or Select Sandwiches and Salads

Served with Choice of Potato Rounds, Vegetable, Fresh Fruit and Assorted Milk

# 1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King with out a moustache. Happy Valentine's Day!

Monday, February 11

**Hanna Buffet**  
Spicy Popcorn Chicken w/ Macaroni & Cheese

**Deli Rail**

Pizza Burger or Select Sandwiches and Salads

Served with Choice of Thin Fries, Vegetable, Fresh Fruit and Assorted Milk

Tuesday, February 12

**Hanna Buffet**  
Taco Day (Hard or Soft Shell)

**Deli Rail**

Four Meat Pizza or Select Sandwiches and Salads

Served with Choice of Vegetable, Fresh Fruit and Assorted Milk

Wednesday, February 13

**Hanna Buffet**  
Chicken Parmesan w/ Spaghetti

**Deli Rail**

Cheese Burger or Select Sandwiches and Salads

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

Thursday, February 14

**Hanna Buffet**  
Bosco Sticks w/ Marinara Sauce

**Deli Rail**

Spicy Chicken Sandwich or Select Sandwiches and Salads

Served with Choice of Tater Tots, Vegetable, Fresh Fruit and Assorted Milk

Friday, February 15

**Hanna Buffet**  
Corn Dog Nuggets

**Deli Rail**

Meatball Sub or Select Sandwiches and Salads

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