



Susquehanna Township Middle School

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

OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.

WITH LIBERTY & JUSTICE FOR ALL

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



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

Monday, April 2

No School

Spring Break

Tuesday, April 3

Chicken Nuggets & Tea Roll

Alternative Entrée
Hamburger, Chicken Tender Salad or Garden Salad

Served with Choice of:
Tater Tots
Veggie Pick-up & Dip
100% Fruit Juice Cup
Assorted Milk

Wednesday, April 4

Stuffed Crust Pizza with or without Pepperoni

Alternative Entrée
Hamburger, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Baby Carrots
Orange Smiles
Spring Party Ice Cream Cup
Assorted Milk

Thursday, April 5

Hot Diggity Dog

Alternative Entrée
Hamburger or Chef's Choice Salads

Served with Choice of:
Baked Beans
Steamed Broccoli
100% Fruit Juice Cup
Assorted Milk

Friday, April 6

"Have It Your Way"
Chicken Patty

Alternative Entrée
Hamburger or Chef's Choice Salads

Served with Choice of:
Lettuce & Tomato Fixins
Seasoned Potatoes
Chilled Peaches
Assorted Milk

BEAK EFFICIENCY.

The Tufted Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!

Photo by Nature's Pics

ANIMAL APPETITES

Monday, April 9

Meatball Sub

Alternative Entrée
Chicken Patty, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Potato Wedges
Steamed Broccoli
Orange Smiles
Assorted Milk

Tuesday, April 10

"Breakfast for Lunch"
Pancakes & Sausage

Alternative Entrée
Chicken Patty, Chicken Tender Salad or Garden Salad

Served with Choice of:
Tri-tater
Veggie Pick-up & Dip
100% Fruit Juice Cup
Assorted Milk

Wednesday, April 11

Taco Nachos

Alternative Entrée
Chicken Patty, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Fiesta Fixins
Chilled Peaches
Assorted Milk

Thursday, April 12

SUBWAY

Alternative Entrée
Chicken Patty

Served with Choice of:
100% Fruit Juice Cup
Apple Slices
Assorted Milk

Friday, April 13

Pizzeria Pizza with or without Pepperoni

Alternative Entrée
Chicken Patty or Chef's Choice Salads

Served with Choice of:
Baby Carrots
Applesauce
Assorted Milk