



MENUS FOR OCTOBER 2017

Susquehanna Township Middle School

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

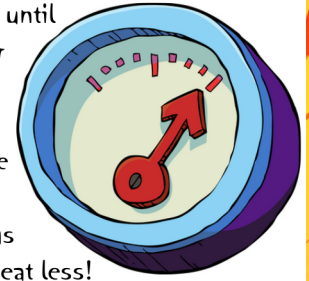
NUTRITION TO GO

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

French Bread Pizza with or without Pepperoni

Alternate Entrées

Fish Sandwich, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Veggie Pick-up & Dip
Chilled Peaches
Assorted Milk

Tuesday, October 3

Taco Tuesday

Alternate Entrées

Fish Sandwich, Chick Tender Salad or Garden Salad

Served with Choice of:
Fiesta Fixings
Rice
Peas
100% Fruit Juice
Assorted Milk

Wednesday, October 4

NO LUNCH

EARLY DISMISSAL

Thursday, October 5

Mini Corndog Nuggets

Alternate Entrées

Fish Sandwich or Chef's Choice Salads

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

Friday, October 6

Chicken Tenders & Tea Roll

Alternate Entrées

Fish Sandwich or Chef's Choice Salads

Served with Choice of:
Steamed Broccoli
Mixed Fruit
Assorted Milk

Monday, October 9

No School Today



Professional Day for Our Teachers

Tuesday, October 10

Chicken Nuggets & Tea Roll

Alternate Entrées

Hamburger, Chicken Tender Salad or Garden Salad

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

Wednesday, October 11

Hot Diggity Dog

Alternate Entrées

Hamburger, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Baked Beans
Steamed Broccoli
Orange Smiles
Assorted Milk

Thursday, October 12

"Have It Your Way" Chicken Patty

Alternate Entrées

Hamburger or Chef's Choice Salads

Served with Choice of:
Seasoned Potatoes
Lettuce & Tomato Fixings
100% Fruit Juice
Assorted Milk

Friday, October 13

SUBWAY

Alternate Entrées

Hamburger

Served with Choice of:
Baby Carrots
Apple Slices
Assorted Milk