

# **Lunch Menu** May & June 2025

# Susquehanna Township Middle School

This institution is an equal opportunity provider.

Menus are subject to change.

# Thursday, May 1

Cheese Filled Breadsticks (no meat) with Marinara Sauce

Alternate Turkey Bacon, Egg & Cheese Croissant **OR Select Sandwiches** or Salads

Served with Potato Rounds, Baby Carrots, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# EARLY DISMISSAL

Friday, May 2

No Lunch **Teacher In-service** 

# CINCO 1010 BEAVO

Tomorrow, May 5

# Monday, May 5

Texas Toast Grilled Cheese

Alternate Tuna Salad Sandwich **OR Select Sandwiches** or Salads

Served with Sidewinder Fries, Veggie Pick-up & Ranch Dip. Applesauce & Assorted Milk

Cinnamon Churro Treat

Meals must include veggie and/or fruit

Monday, May 12

# Tuesday, May 6

Chicken Quesadilla with Salsa

# Alternate

Tuna Salad Sandwich **OR Select Sandwiches** or Salads

Served with Fiesta Black Beans, Lettuce & Tomato, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Wed., May 7

Popcorn Chicken with Mac & Cheese

# Alternate

Tuna Salad Sandwich **OR Select Sandwiches** or Salads

Served with Steamed Broccoli, Chilled Peaches & Assorted Milk

Meals must include veggie and/or fruit

# Thursday, May 8

French Bread Pizza Turkey Pepperoni Option

# Alternate

Tuna Salad Sandwich **OR Select Sandwiches** or Salads

Served with Baby Carrots, Tater Tots, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Friday, May 9

Corn Dog Nuggets (meat is poultry)

# Alternate

Tuna Salad Sandwich **OR Select Sandwiches** or Salads

Served with Steamed Mixed Vegetables. Potato Rounds, Orange Smiles & Assorted Milk

Meals must include veggie and/or fruit

Chicken Nuggets with Tea Roll

# Alternate

Grilled Chicken & Cheese Sandwich (Lettuce & Tomato) OR Select Sandwiches or Salads

Served with Veggie Pick-up & Dip, Tater Tots, Peaches & Assorted Milk

Meals must include veggie and/or fruit

# Tuesday, May 13

Beef Fiestada Stuffed Sandwich

# Alternate

Grilled Chicken & Cheese Sandwich (Lettuce & Tomato) **OR Select Sandwiches** or Salads

Served with Broccoli. 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Wed., May 14

**Turkey Bacon** Cheeseburger (beef) with Lettuce & Tomato

# Alternate

Grilled Chicken & Cheese Sandwich (Lettuce & Tomato) **OR Select Sandwiches** or Salads

Served with Tater Tots. Baked Beans, Pears & Assorted Milk

Meals must include veggie and/or fruit

# Thursday, May 15

Stuffed Crust Pizza Turkey Pepperoni Option

# Alternate

Grilled Chicken & Cheese Sandwich (Lettuce & Tomato) **OR Select Sandwiches** or Salads

Served with Baby Carrots, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Friday, May 16

Bosco Sticks (no meat) with Marinara Sauce

# Alternate

Grilled Chicken & Cheese Sandwich (Lettuce & Tomato) **OR Select Sandwiches** or Salads

Served with Peas & Carrots, Apple Slices & Assorted Milk

Meals must include veggie and/or fruit

# Sunday, May 11

## Monday, May 19

Meatball Sub (beef)

Alternate Chicken Patty Sandwich OR Select Sandwiches or Salads

Served with Steamed Broccoli, Raisins & Assorted Milk

Meals must include veggie and/or fruit

# Tuesday, May 20

# Teacher In-service



# No School TODAY

Make sure vour family votes!

# Wed., May 21

Walking Taco: Taco Meat is poultry, Nachos, Cheese & Salsa

Alternate Chicken Pattv Sandwich OR Select Sandwiches or Salads

Served with Tomato & Lettuce Fixins. Black Beans. Peaches & Assorted Milk

Meals must include veggie and/or fruit

# Thursday, May 22

Hot Turkey & Cheese on Pretzel Roll

Alternate Chicken Patty Sandwich OR Select Sandwiches or Salads

Served with Corn. 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Friday, May 23

Pizzeria Pizza Turkey Pepperoni Option

Alternate Chicken Patty Sandwich OR Select Sandwiches or Salads

Served with Veggie Pick-up & Ranch Dip. **Applesauce** & Assorted Milk

Meals must include veggie and/or fruit

# LALE FRUITS AND VEGET AND DAIRY

# **Boost your Burrito!**

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



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

# Monday, May 26

# **NO SCHOOL**



# Tuesday, May 27

Wild Mike's Cheezy Mozzarella Bites (no meat)

Alternate Fish & Cheese Sandwich with Lettuce & Tomato OR Select Sandwiches or Salads

Served with Steamed Broccoli, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Wed., May 28

"Have it your way" Burger (beef) with Lettuce & Tomato

Alternate Fish & Cheese Sandwich with Lettuce & Tomato **OR Select Sandwiches** or Salads

Served with Waffle Fries, Veggie Pick-up & Dip. **Örange Smiles** & Assorted Milk

Meals must include veggie and/or fruit Meals must include veggie and/or fruit

# Thursday, May 29

Chicken Tenders with Tea Roll

Alternate Fish & Cheese Sandwich with Lettuce & Tomato **OR Select Sandwiches** or Salads

Served with Carrots & Peas, Potato Smiles, 100% Fruit Juice & Assorted Milk

# Friday, May 30

Deep Dish Pizza Turkey Pepperoni Option

Alternate Fish & Cheese Sandwich with Lettuce & Tomato **OR Select Sandwiches** or Salads

Served with Baby Carrots, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

# Monday, June 2

Popcorn Chicken with Mashed Potatoes & Tea Roll

Alternate Chicken Salad Sandwich OR Select Sandwiches or Salads

Served with Corn. Baby Carrots, Applesauce & Assorted Milk

Meals must include veggie and/or fruit

# Tuesday, June 3

Manager's Choice

Alternate Entrée Manager's Choice

Served with Manager's Choice Veggie, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Wed., June 4

Manager's Choice

Alternate Entrée Manager's Choice

Served with Manager's Choice Veggie, Fruit & Assorted Milk

Meals must include veggie and/or fruit

# Thursday, June 5

Manager's Choice

Alternate Entrée Manager's Choice

Served with Manager's Choice Veggie, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

# Friday, June 6

# LAST DAY



**NO LUNCH SERVED** 

