

Susquehanna Township High School

BREAKFAST MENU OCTOBER 2025



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

PART-TIME WORK

Looking for part-time work while your kids are at school? A cafeteria job could give you the same holidays off and some extra income too!

Email your resume to:
jmc michael@hannasd.org



No Meal Applications

Qualified school meals, as described on the next page, are currently free at STSD for all learners. We can no longer enter Meal Applications. Direct Certification Letters will be sent out this October and again in May for students who are eligible for other State programs, like Sun Bucks.



Wed., October 1

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk

Thursday, October 2

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk

Friday, October 3

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk



Monday, October 6

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk

Tuesday, October 7

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk

Wed., October 8

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk

Thursday, October 9

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk

Friday, October 10

Choice of:
Pop Tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt

Served with choice of Fruit & Milk
Fruit Milk

TAKE A HIKE?

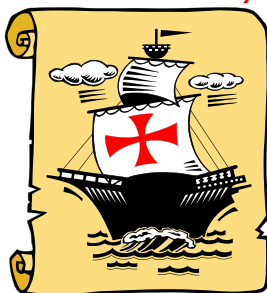
Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



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

Monday, October 13

Columbus Day



No School

Tuesday, October 14

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with
choice of Fruit &
Milk

Wed., October 15

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with
choice of Fruit &
Milk

Thursday, October 16

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with
choice of Fruit &
Milk

Friday, October 17

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with
choice of Fruit &
Milk

First things First

**Choose at least ONE
serving of FRUIT and at
least THREE items TOTAL**
so your meal counts as a Complete Breakfast!

BREAKFAST@SCHOOL
For first-class learning!

Monday, October 20

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with
choice of Fruit &
Milk

Tuesday, October 21

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with
choice of Fruit &
Milk

Wed., October 22

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with
choice of Fruit &
Milk

Thursday, October 23

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with
choice of Fruit &
Milk

Friday, October 24

Choice of:
Pop Tarts, Fruit
Muffin, Cereal Bowl
w/ Cheese Stick or
Cereal Bar w/
Yogurt

Served with
choice of Fruit &
Milk

QUALIFIED SCHOOL MEALS

To get meals for "FREE", a student must take at least 3 items. A fruit is required at breakfast and a fruit or vegetable is required at lunch to make a "qualified" meal.

If your student does not take the full qualified meal, they may be charged an a la carte price. A la carte items and second servings are not free.

Monday, October 27

Teacher
In-Service
Day



Tuesday, October 28

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with
choice of Fruit &
Milk

Wed., October 29

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with
choice of Fruit &
Milk

Thursday, October 30

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with
choice of Fruit &
Milk

Friday, October 31

Choice of:
Pop Tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with
choice of Fruit &
Milk

**YOU NEVER KNOW
WHAT YOU MIGHT
RUN INTO OUT THERE!**



**STAY ALERT
& BE SAFE!**