

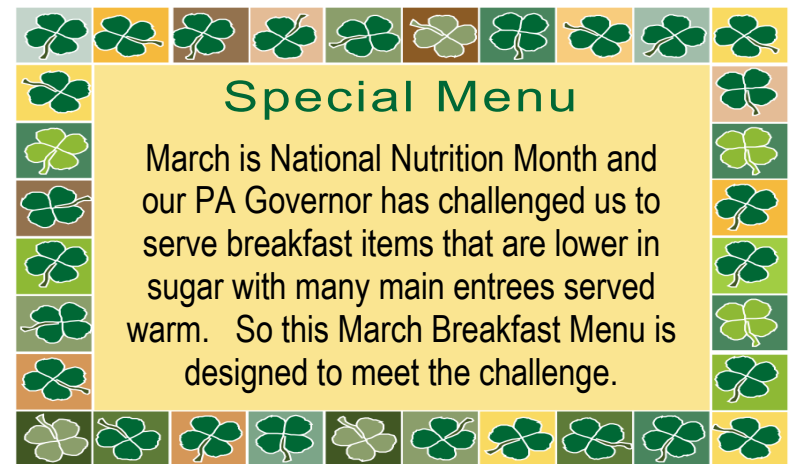


Susquehanna Township High School

March 2024 Breakfast

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

Happy St. Patrick's Day!

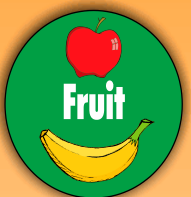


Special Menu

March is National Nutrition Month and our PA Governor has challenged us to serve breakfast items that are lower in sugar with many main entrees served warm. So this March Breakfast Menu is designed to meet the challenge.


First things First

To make a breakfast, choose at least one




Fruit

or




Juice


and at least three items total




Fruit



Grains



Juice



Milk

This "qualified" breakfast is **FREE** at STSD schools



ENJOY YOUR

Spring

BREAK

Break begins at the end of classes:
Wednesday, March 27 *see side note

Classes resume:
Tuesday, April 2

PLEASE NOTE

If March 28 is needed to make up for inclement weather, Spring Break will then begin March 29.

Friday, March 1

Chex or Cheerios Cereal Bowl

Served with Choice of Milk, Applesauce and/or Juice

Monday, March 4

Muffin with Yogurt Cup

Served with Choice of Milk, Apple Slices and/or Juice

Tuesday, March 5

Turkey Ham & Cheese Breakfast Stuffer

Served with Choice of Milk, Strawberry Cup and/or Juice

Wed., March 6

Warm Cereal Bar with Yogurt Cup

Served with Choice of Milk, Peach Cup and/or Juice

Thursday, March 7

Egg & Cheese on English Muffin

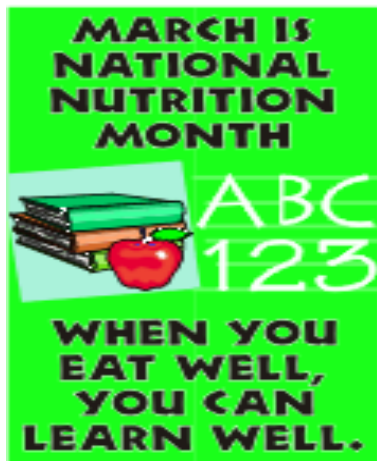
Served with Choice of Milk, Peach Cup and/or Juice

Friday, March 8

Cheerios or Chex Cereal Bowl

Served with Choice of Milk, Applesauce and/or Juice

**Early Dismissal
No Lunch Today**



Created in 1973 and observed every March since !



Sunday, March 17

EGG-CELLENT.



Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

Monday, March 11

Egg & Cheese on English Muffin

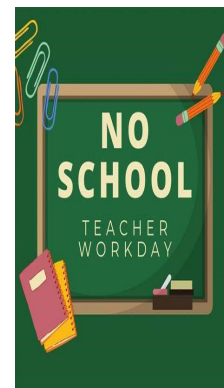
Served with Choice of Milk, Peach Cup and/or Juice

Tuesday, March 12

Warm Snack'n Waffles

Served with Choice of Milk, Orange Slices and/or Juice

Wed., March 13



Thursday, March 14

Turkey Ham & Cheese Breakfast Stuffer

Served with Choice of Milk, Strawberry Cup and/or Juice

Friday, March 15

Cheerios or Chex Cereal Bowl

Served with Choice of Milk, Applesauce and/or Juice

Monday, March 18

Warm Cereal Bar with Yogurt Cup

Served with Choice of Milk, Peach Cup and/or Juice

Tuesday, March 19

Egg & Cheese on English Muffin

Served with Choice of Milk, Peach Cup and/or Juice

Wed., March 20

Warm Whole Grain Biscuit with Margarine

Served with Choice of Milk, Orange Slices and/or Juice

Thursday, March 21

Whole Grain Mini Pancakes

Served with Choice of Milk, Apple Slices and/or Juice

Friday, March 22

Fruit Frudel

Served with Choice of Milk, Applesauce and/or Juice

Monday, March 25

Turkey Ham & Cheese Breakfast Stuffer

Served with Choice of Milk, Strawberry Cup and/or Juice

Tuesday, March 26

Whole Grain Mini Pancakes

Served with Choice of Milk, Apple Slices and/or Juice

Wed., March 27

Egg & Cheese on English Muffin

Served with Choice of Milk, Peach Cup and/or Juice

Thursday, March 28

Spring Break begins unless this day is needed to make up for inclement weather!

Watch for school updates at www.hannasd.org

Friday, March 29



Spring Break