

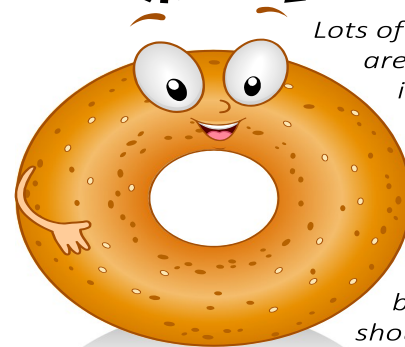
# Susquehanna Township Middle School

## BREAKFAST APRIL 2024



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

## Breakfast Bites!



Lots of favorite breakfast foods are good sources of calcium, including yogurt, milk, and calcium-fortified cereal and OJ. Calcium builds strong bones and teeth and aids in muscle function, among many other benefits. Kids 3-8 years old should consume 1,000 mg of calcium per day, and that amount goes up to 1,300 mg from age 9-18.



Spring  
Break

There's no  
school on...

**APRIL  
FOOL'S  
DAY**

and we're not  
fooling!!

Monday, April 1

**Last day of  
Spring Break**



See you tomorrow

Tuesday, April 2

Mini Waffles  
Applesauce  
Craisins  
Assorted Milk

Wed., April 3

Turkey Ham  
& Cheese  
Breakfast Stuffer  
100% Fruit Juice  
Apple Slices  
Assorted Milk

Thursday, April 4

Warm Cocoa  
Puff Bar  
Flavored  
Applesauce  
Raisins  
Assorted Milk

Friday, April 5

Cereal Bowl  
Whole Fruit  
Flavored  
Applesauce  
Assorted 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, April 8

Mini Bagels with  
Cream Cheese  
100% Fruit Juice  
Orange Slices  
Assorted Milk

Tuesday, April 9

Mini French  
Toast  
Craisins  
Applesauce  
Assorted Milk

Wed., April 10

Apple Bites  
100% Fruit Juice  
Apple Slices  
Assorted Milk

Thursday, April 11

Mini Pancakes  
Flavored  
Applesauce  
Raisins  
Assorted Milk


Friday, April 12

Cereal Bar with  
Trix Yogurt Cup  
Whole Fruit  
Flavored  
Applesauce  
Assorted Milk  
**Early Dismissal  
No Lunch Today**



Monday, April 15	Tuesday, April 16	Wed., April 17	Thursday, April 18	Friday, April 19
Muffin with Yogurt Cup	Mini Bagels with Cream Cheese	Filled Crescent Roll	Pop Tarts	Cereal Bowl
100% Fruit Juice	Craisins	100% Fruit Juice	Flavored Applesauce	Whole Fruit
Orange Slices	Applesauce	Apple Slices	Raisins	Flavored Applesauce
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk



Monday, April 22	Tuesday, April 23	Wed., April 24	Thursday, April 25	Friday, April 26
Muffin with Yogurt Cup	 NO SCHOOL Teacher In-Service	Egg & Cheese on English Muffin	Caramel Mini Cinnamon Rolls	Cereal Bar with Trix Yogurt Cup
100% Fruit Juice		100% Fruit Juice	Flavored Applesauce	Whole Fruit
Orange Slices		Apple Slices	Raisins	Flavored Applesauce
Assorted Milk		Assorted Milk	Assorted Milk	Assorted Milk

## SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

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

Monday, April 29	Tuesday, April 30
Breakfast Bread	Mini Waffles
100% Fruit Juice	Applesauce
Orange Slices	Craisins
Assorted Milk	Assorted Milk

**BREAKFAST@SCHOOL**  
helps keep kids healthy and gives them the energy they need to learn.

