

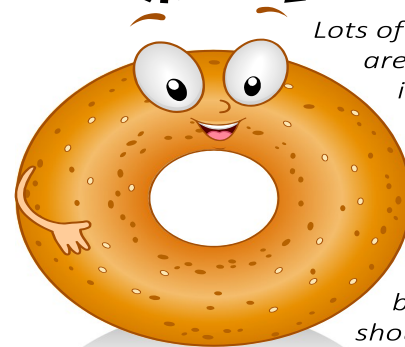
# Susquehanna Township High School

## 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

**Snack'n Waffles**

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

Wed., April 3

**Caramel Mini  
Cinnamon Rolls**

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

Thursday, April 4

**Warm Cereal Bar  
with Yogurt Cup**

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

Friday, April 5

**Pop Tarts**

Served with  
Choice of Milk,  
Applesauce  
and/or Juice

## 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

**Cereal Bar  
with Yogurt Cup**

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

Tuesday, April 9

**Egg & Cheese  
on English Muffin**

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

Wed., April 10

**Nature Valley  
Oatmeal Bar  
with Yogurt Cup**

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

Thursday, April 11

**Donut with  
Yogurt Cup**

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

Friday, April 12

**Assorted Cereal**


Served with  
Choice of Milk,  
Applesauce  
and/or Juice

**Early Dismissal  
No Lunch Today**



Monday, April 15	Tuesday, April 16	Wed., April 17	Thursday, April 18	Friday, April 19
Muffin with Yogurt Cup	Pop Tarts	Fruit Frudel	Warm Cereal Bar with Yogurt Cup	Assorted Cereal
Served with Choice of Milk, Apple Slices and/or Juice	Served with Choice of Milk, Applesauce and/or Juice	Served with Choice of Milk, Craisins and/or Juice	Served with Choice of Milk, Strawberry Cup and/or Juice	Served with Choice of Milk, Applesauce and/or Juice



Monday, April 22	Tuesday, April 23	Wed., April 24	Thursday, April 25	Friday, April 26
Cereal Bar with Yogurt Cup		Fresh Bagel OR Mini Bagels with Cream Cheese	Turkey Ham & Cheese Breakfast Stuffer	Assorted Breakfast Bread with Cream Cheese
Served with Choice of Milk, Peach Cup and/or Juice	NO SCHOOL Teacher In-Service	Served with Choice of Milk, Orange Slices and/or Juice	Served with Choice of Milk, Peach Cup and/or Juice	Served with Choice of Milk, Raisins and/or Juice

## 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
Muffin with Yogurt Cup	Snack'n Waffles
Served with Choice of Milk, Apple Slices and/or Juice	Served with Choice of Milk, Orange Slices and/or Juice

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

