



JANUARY 2025

**Susquehanna
Township Middle School**

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



Monday, January 6

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, January 7

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

Wednesday, January 8

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, January 9

Beef Fiestada
Stuffed Sandwich

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

Served with Broccoli,
100% Fruit Juice
& Assorted Milk

Soft Pretzel Treat

Meal must include veggie and/or fruit

Friday, January 10

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

Monday, January 13

Meatball Sub (beef)

Alternate
Chicken Patty
Sandwich OR Select
Sandwiches or Salads

Served with Steamed
Broccoli, Orange Smiles
& Assorted Milk

Meal must include veggie and/or fruit

Tuesday, January 14

Breakfast for Lunch:
French Toast Sticks, Turkey
Bacon, Hash Brown & Yogurt

Alternate
Chicken Patty
Sandwich OR Select
Sandwiches or Salads

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

Meal must include veggie and/or fruit

Wednesday, January 15

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

Alternate
Chicken Patty
Sandwich OR Select
Sandwiches or Salads

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

Meal must include veggie and/or fruit

Thursday, January 16

Hot Turkey & Cheese
on Pretzel Roll

Alternate
Chicken Patty
Sandwich OR Select
Sandwiches or Salads

Served with Corn,
100% Fruit Juice
& Assorted Milk

Meal must include veggie and/or fruit

Friday, January 17



**Teacher
In-Service Day**

Available Daily

**Qualifying
nutritional meals**
at school are available to
students for FREE thanks to
the Community Eligibility
Program.
However, the student must
take a complete nutritional
meal. Individual items
sold "a la carte" are
NOT free, so Meal Accounts
will be charged.

Direct Certification letters will
be sent out again in May for
students covered by PA's
SunBucks summer program.

Happy New Year

Welcome Back!

We hope you enjoyed your break!

On the traditional lunisolar calendar, the 2025 Chinese New Year Festival begins on January 28 and ends February 12 with the Lantern Festival. The main day of Chinese New Year is January 29. And celebrations are observed by Chinese communities all around the world...not just in China.



Monday, January 20

**NO SCHOOL
Martin Luther
King Day**



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

Meal must include veggie and/or fruit

Tuesday, January 21

Wednesday, January 22

"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, Orange Smiles & Assorted Milk

Meal must include veggie and/or fruit

Thursday, January 23

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

Meal must include veggie and/or fruit

Friday, January 24

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

Meal must include veggie and/or fruit

Monday, January 27

Honey Sriracha Wings & Tea Roll
Alternate
Pepperoni Pizza Hot Pocket OR Select Sandwiches or Salads

Served with Tater Tots, Sweet Peas, Pears & Assorted Milk

Meal must include veggie and/or fruit

Tuesday, January 28

Beef Rotini with Breadstick
Alternate
Pepperoni Pizza Hot Pocket OR Select Sandwiches or Salads

Served with Green Beans, 100% Fruit Juice & Assorted Milk

Meal must include veggie and/or fruit

Wednesday, January 29

Macaroni & Cheese with Tea Roll
Alternate
Pepperoni Pizza Hot Pocket OR Select Sandwiches or Salads

Served with Steamed Broccoli, Mixed Fruit & Assorted Milk

Meal must include veggie and/or fruit

Thursday, January 30

For Chinese New Year...
General Tso Chicken over Veggie Fried Rice with Veggie Egg Roll & Fortune Cookie
Alternate
Pepperoni Pizza Hot Pocket OR Select Sandwiches or Salads

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

Meal must include veggie and/or fruit

Friday, January 31

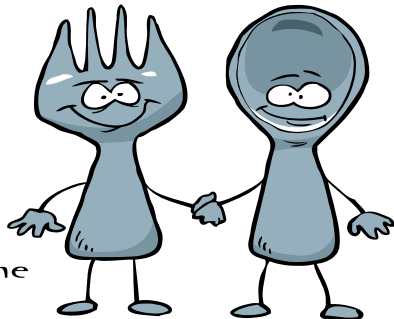
3 Cheese Calzone (no meat)
Alternate
Pepperoni Pizza Hot Pocket OR Select Sandwiches or Salads

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

Meals must include veggie and/or fruit

THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

DON'T 4GET!

To make a lunch, choose at least one



or



and 3-5 items total

This is a qualified school lunch for free.