

FEBRUARY

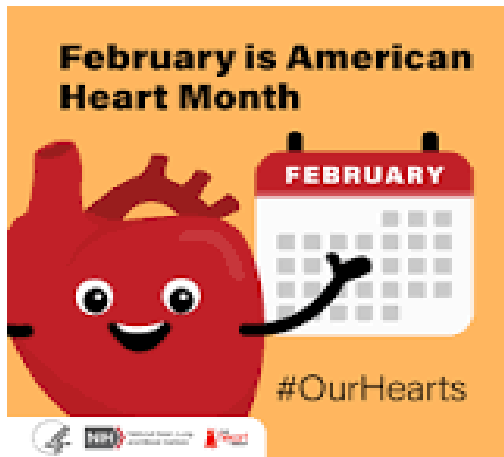
2025

BREAKFAST at Susquehanna Township Elementary Schools



Celebrated Each February

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



Early February falls midway between the Winter Solstice and Spring Equinox; it's a time when many people make plans for Spring crops. According to an old legend, hibernating animals might come outside to check the weather and decide if they needed to "sleep in" for several more weeks. In Europe, some people would watch the hedgehogs...but in Pennsylvania, German settlers chose to watch the groundhog or woodchuck. If the groundhog saw his shadow on a sunny day, they thought they'd have an early Spring. But if it was a cloudy day, they'd plan on several more weeks of winter. Early records of watching the groundhog date back to the 1840s. In 1886, the newspaper in Punxsutawney PA declared February 2nd to be Groundhog Day and they created the name "Punxsutawney Phil".



Monday, February 3	Tuesday, February 4	Wed., February 5	Thursday, February 6	Friday, February 7
Muffin	Breakfast Bread	Apple Bites	Donut	Cereal Bar with Yogurt Cup
100% Fruit Juice	Sliced Pears	100% Fruit Juice	Pears	Applesauce
Orange Slices	Craisins	Peaches	Mixed Fruit	Orange Smiles
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.

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

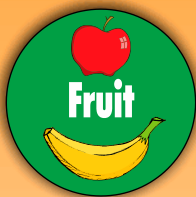


Valentine's Day isn't just for sweethearts! On February 14, tell everybody who's close to you that you love them!

Monday, February 10	Tuesday, February 11	Wed., February 12	Thursday, February 13	Friday, February 14
Mini Pancakes 100% Fruit Juice Mixed Fruit Assorted Milk	Warm Cinnamon Toast Crunch Bar Craisins Sliced Pears Assorted Milk	Fruit Frudel 100% Fruit Juice Peaches Assorted Milk	Mini Waffles Applesauce Mixed Fruit Assorted Milk	Cereal Bowl Strawberries Applesauce Assorted Milk

First things First

To make a breakfast, choose at least one




or




and at least three items total



The above qualifies as a free school breakfast. STSD Food Services.

Monday, February 17	Tuesday, February 18	Wed., February 19	Thursday, February 20	Friday, February 21
 PRESIDENTS DAY NO SCHOOL TODAY	Mini Cinnamon Rolls Craisins Peaches Assorted Milk	Mini French Toast 100% Fruit Juice Mixed Fruit Assorted Milk	Chicken Sausage & Cheese Waffle Sandwich Pears Orange Smiles Assorted Milk	Nature Valley Oatmeal Bar Peach Cup Applesauce Assorted Milk

Monday, February 24	Tuesday, February 25	Wed., February 26	Thursday, February 27	Friday, February 28
 NO CLASSES Teacher In-service Day	Mini Pancakes Sliced Pears Applesauce Assorted Milk	Pop Tart with Yogurt Cup 100% Fruit Juice Mixed Fruit Assorted Milk	Mini Bagels with Cream Cheese Strawberries Peaches Assorted Milk	Cereal Bowl Strawberries Applesauce Assorted Milk