

# FEBRUARY

## 2025

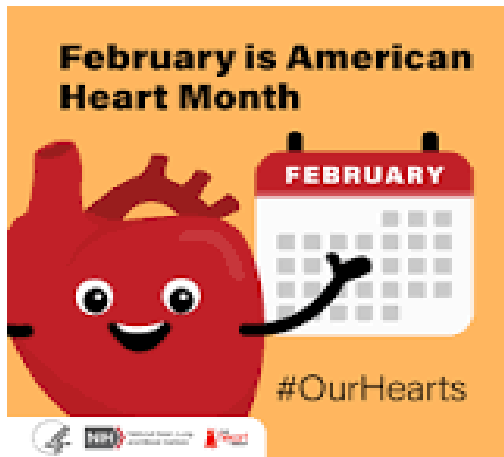
## BREAKFAST

at **Susquehanna  
Township Middle  
School**



*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

Muffin with  
Yogurt Cup  
100% Fruit Juice  
Orange Slices  
Assorted Milk

### Tuesday, February 4

Fruit Frudel  
Applesauce  
Craisins  
Assorted Milk

### Wed., February 5

Egg & Cheese on  
English Muffin  
100% Fruit Juice  
Apple Slices  
Assorted Milk

### Thursday, February 6

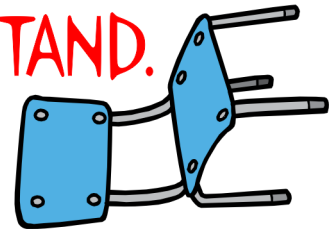
Mini Cinnamon  
Rolls  
Raisins  
Flavored  
Applesauce  
Assorted Milk

### Friday, February 7

Cereal Bar with  
Trix Yogurt Cup  
Flavored  
Applesauce  
Whole Fruit  
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!**

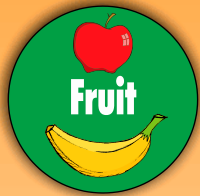


Valentine's Day isn't just for sweethearts! On February 14, tell everybody who's close to you that you love them!

Monday, February 10	Tuesday, February 11	Wed., February 12	Thursday, February 13	Friday, February 14
Breakfast Bread Slice 100% Fruit Juice Orange Slices Assorted Milk	Mini Waffles Craisins Applesauce Assorted Milk	Turkey Ham Breakfast Stuffer 100% Fruit Juice Apple Slices Assorted Milk	Warm Cinnamon Toast Crunch Bar Flavored Applesauce Raisins Assorted Milk	Cereal Bowl Whole Fruit Flavored 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
 <b>NO SCHOOL TODAY</b>	Mini French Toast Craisins Applesauce Assorted Milk	Apple Bites 100% Fruit Juice Apple Slices Assorted Milk	Mini Pancakes Raisins Flavored Applesauce Assorted Milk	Cereal Bar with Trix Yogurt Cup Flavored Applesauce Whole Fruit Assorted Milk

Monday, February 24	Tuesday, February 25	Wed., February 26	Thursday, February 27	Friday, February 28
 <b>Teacher In-service Day</b>	Mini Bagels with Cream Cheese Applesauce Craisins Assorted Milk	Filled Crescent Roll 100% Fruit Juice Apple Slices Assorted Milk	Pop Tarts Flavored Applesauce Raisins Assorted Milk	Cereal Bowl Whole Fruit Flavored Applesauce Assorted Milk