

FEBRUARY

2025

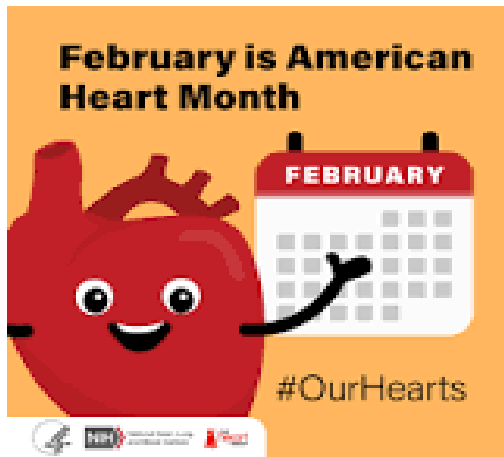
BREAKFAST

at **Susquehanna
Township High
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

Cereal Bar with Yogurt Cup

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

Tuesday, February 4

Nature Valley Oatmeal Bar with Yogurt Cup

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

Wed., February 5

Bagel or Mini Bagels with Cream Cheese

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

Thursday, February 6

Turkey Ham Breakfast Stuffer

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

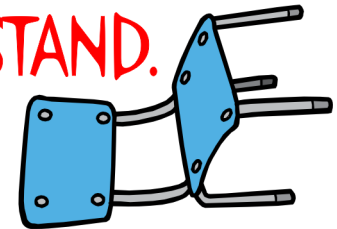
Friday, February 7

Assorted Breakfast Bread

Served with Choice of Milk, Raisins and/or Juice

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

Muffin with Yogurt Cup

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

Tuesday, February 11

Snack'n Waffles

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

Wed., February 12

Mini Cinnamon Rolls

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

Thursday, February 13

Warm Cereal Bar with Yogurt Cup

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

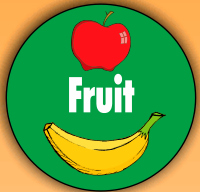
Friday, February 14

Pop Tarts

Served with Choice of Milk, Applesauce and/or Juice

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



NO SCHOOL TODAY

Tuesday, February 18

Egg & Cheese on English Muffin

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

Wed., February 19

Nature Valley Oatmeal Bar with Yogurt Cup

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

Thursday, February 20

Chicken Sausage & Cheese Waffle Sandwich

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

Friday, February 21

Assorted Cereal

Served with Choice of Milk, Applesauce and/or Juice

Monday, February 24



Teacher In-service Day

Tuesday, February 25

Pop Tarts

Served with Choice of Milk, Applesauce and/or Juice

Wed., February 26

Apple Frudel

Served with Choice of Milk, Craisins and/or Juice

Thursday, February 27

Warm Cereal Bar with Yogurt Cup

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

Friday, February 28

Assorted Cereal

Served with Choice of Milk, Applesauce and/or Juice