

FEBRUARY LUNCH MENU

Susquehanna Township Middle School

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

FEBRUARY 2
is
Groundhog Day

Keep an eye out for Punxsutawney Phil

Why is Presidents' Day the 3rd Monday in February?

Originally, Americans started celebrating **George Washington's** birthday on February 22. This was declared a Federal Holiday in 1879. But **Harrison's** birthday was February 9 and **Lincoln's** birthday was February 12. So in 1968, under Lyndon Johnson, Congress passed the *Uniform Monday Holiday Bill* so that the day would honor all of our US Presidents and never fall mid-week. Later, **Reagan**, born February 6, became President. So four of our Presidents were born in February. However, more Presidents were actually born in October and November!

Monday, February 3

Chicken Sticks with Tea Roll

Alternate Entrée

Turkey Bacon, Egg & Cheese Croissant
OR Select Sandwiches or Salads

Served with Broccoli, Baked Beans, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Tuesday, February 4

Pepperoni Bosco Sticks (beef, pork) with Marinara Sauce

Alternate

Turkey Bacon, Egg & Cheese Croissant
OR Select Sandwiches or Salads

Served with Potato Smiles, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 5

Taco Nachos
Nachos, Taco Sauce, Cheese, Salsa, Sour Cream, Lettuce & Tomato (meat is poultry)

Alternate

Turkey Bacon, Egg & Cheese Croissant
OR Select Sandwiches or Salads

Served with Corn, Pears & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 6

Cheese Filled Breadsticks (no meat) with Marinara Sauce

Alternate

Turkey Bacon, Egg & Cheese Croissant
OR Select Sandwiches or Salads

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

Meals must include veggie and/or fruit

Friday, February 7

Spicy Chicken Sandwich with Lettuce & Tomato

Alternate

Turkey Bacon, Egg & Cheese Croissant
OR Select Sandwiches or Salads

Served with Veggie Pick-up & Dip, Applesauce & Assorted Milk

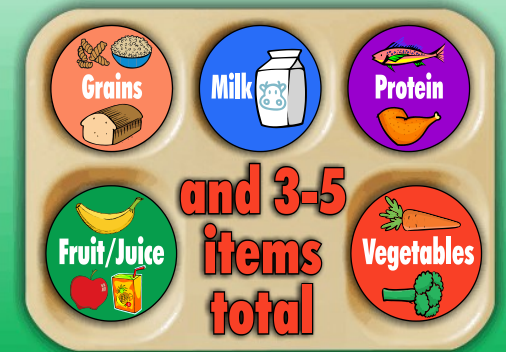
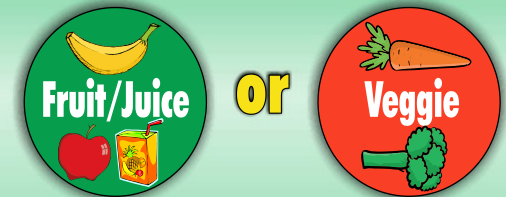
Meals must include veggie and/or fruit

Meal Accounts

Money left in Student Meal Accounts travels with them from year-to-year until they graduate. Single items and snacks are not free. The free meal is described below.

DON'T GET!

To make a lunch, choose at least one



and 3-5 items total

The above is a qualified lunch for free. STSD Food Services.



Instead of candy, try some berries.
They're good for your heart!



HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

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

Monday, February 10

Texas Toast Grilled Cheese

Alternate
Tuna Salad Sandwich
OR Select Sandwiches
or Salads

Served with Sidewinder Fries, Veggie Pick-up & Ranch Dip, Applesauce & Assorted Milk

Meals must include veggie and/or fruit

Tuesday, February 11

Chicken Quesadilla with Salsa

Alternate
Tuna Salad Sandwich
OR Select Sandwiches
or Salads

Served with Fiesta Black Beans, Lettuce & Tomato, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 12

Popcorn Chicken with Mac & Cheese

Alternate
Tuna Salad Sandwich
OR Select Sandwiches
or Salads

Served with Steamed Broccoli, Chilled Peaches & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 13

French Bread Pizza
Turkey Pepperoni Option

Alternate
Tuna Salad Sandwich
OR Select Sandwiches
or Salads

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

Meals must include veggie and/or fruit

Friday, February 14

Corn Dog Nuggets
(meat is poultry)

Alternate
Tuna Salad Sandwich
OR Select Sandwiches
or Salads

Served with Steamed Mixed Vegetables, Potato Rounds, Orange Smiles & Assorted Milk
Special Cookie Treat

Meals must include veggie and/or fruit

Monday, February 17

No School

To celebrate
Presidents' Day,
YOU get the day off!



Tuesday, February 18

Beef Fiestada Stuffed Sandwich

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

Served with Broccoli, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 19

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, February 20

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

Friday, February 21

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, February 24

Teacher In-service Day



Tuesday, February 25

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

Meals must include veggie and/or fruit

Wed., February 26

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

Meals must include veggie and/or fruit

Thursday, February 27

Hot Turkey & Cheese on Pretzel Roll

Alternate
Chicken Patty Sandwich OR Select Sandwiches or Salads

Served with Corn, 100% Fruit Juice & Assorted Milk

Meals must include veggie and/or fruit

Friday, February 28

Pizzeria Pizza
Turkey Pepperoni Option

Alternate
Chicken Patty Sandwich OR Select Sandwiches or Salads

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

Meals must include veggie and/or fruit