



FEBRUARY LUNCH MENU

Susquehanna Township High 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

Hot Dog & Sauerkraut
(beef, pork, chicken)
with Baked Beans

OR Select Hot or Cold Sandwiches OR Salads

with optional Veggie Tray, Peaches & Assorted Milk

Meals must include veggie and/or fruit

Tuesday, February 4

Cheese Filled Breadsticks with Marinara & Broccoli

OR Select Hot or Cold Sandwiches OR Salads

with optional Veggie Tray, Apple Slices & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 5

"Have it your way" Burger (beef) with Waffle Fries

OR Select Hot or Cold Sandwiches OR Salads

with optional Veggie Tray, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 6

Chicken Tenders with Tea Roll, Peas & Carrots and Emoji Fries

OR Select Hot or Cold Sandwiches OR Salads

with optional Veggie Tray, Applesauce & Assorted Milk

Meals must include veggie and/or fruit

Friday, February 7

Buffalo Chicken Pizza

OR Select Hot or Cold Sandwiches OR Salads

with optional Veggie Tray, Pears & 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



OR



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

Popcorn Chicken with Mac & Cheese
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Peach Cup & Assorted Milk

Meals must include veggie and/or fruit

Tuesday, February 11

Hanna Burger (beef) with Baked Beans & Buffalo Sidewinder Fries
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Apple Slices & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 12

Beef Fiestada Pizza or Beef Fiestada Sandwich with Broccoli
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 13

Texas Toast Grilled Cheese with Green Beans
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Applesauce & Assorted Milk

Meals must include veggie and/or fruit

Friday, February 14

Honey Siracha Boneless Wings with Tea Roll, Peas & Tater Tots
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Pears & 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

Chicken Nuggets with Tea Roll & Tater Tots
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Apple Slices & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 19

Turkey Bacon Cheeseburger (beef) with Sidewinder Fries
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 20

Mini Corn Dog Nuggets (meat is poultry) with Baked Beans & Curly Fries
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Applesauce & Assorted Milk

Meals must include veggie and/or fruit

Friday, February 21

BBQ Chicken Pizza
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Pears & Assorted Milk

Meals must include veggie and/or fruit

Monday, February 24

Teacher In-service Day



Tuesday, February 25

Walking Taco with Fiesta Fixins (meat is poultry)
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Apple Slices & Assorted Milk

Meals must include veggie and/or fruit

Wed., February 26

Chicken Parmesan Sandwich with Corn
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Mixed Fruit & Assorted Milk

Meals must include veggie and/or fruit

Thursday, February 27

Meatball Sub with Broccoli
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Applesauce & Assorted Milk

Meals must include veggie and/or fruit

Friday, February 28

Big Daddy 4-Cheese Pizza
 OR Select Hot or Cold Sandwiches OR Salads
 with optional Veggie Tray, Pears & Assorted Milk

Meals must include veggie and/or fruit