

# August/September 2025 LUNCH MENU

## at Susquehanna Township High School

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



**Breakfast starts after Labor Day!**  
Menus changed due to government standards.

### Community Eligibility Provision Continues...

To get meals for "FREE", a student must take at least 3 items. A fruit is required at breakfast and a fruit or vegetable is required at lunch to make a "qualified" meal.

If your student does not take the full qualified meal, they may be charged an a la carte price. All a la carte items including snacks are not free.

#### Monday, August 18

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Tuesday, August 19

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Wed., August 20

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Thursday, August 21

Choice of Sandwiches:  
Turkey & Cheese, Ham &  
Cheese, Buffalo Chicken  
& Cheese or PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Friday, August 22

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Monday, August 25

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Tuesday, August 26

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Wed., August 27

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Thursday, August 28

Choice of Sandwiches:  
Turkey & Cheese, Ham &  
Cheese, Buffalo Chicken  
& Cheese or PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Friday, August 29

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Monday, September 1



**NO SCHOOL**

#### Tuesday, September 2

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Wed., September 3

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Thursday, September 4

Choice of Sandwiches:  
Turkey & Cheese, Ham &  
Cheese, Buffalo Chicken  
& Cheese or PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

#### Friday, September 5

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
*\*Lactaid available upon request*

Meals must include veggie and/or fruit

**Monday, September 8**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Tuesday, September 9**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Wed., September 10**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Thursday, September 11**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Friday, September 12**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Monday, September 15**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Tuesday, September 16**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Wed., September 17**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

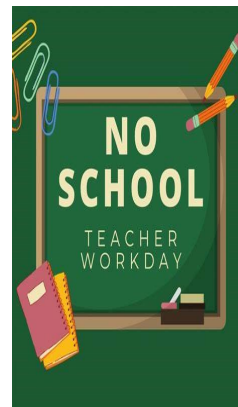
Meals must include veggie and/or fruit

**Thursday, September 18**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Friday, September 19**

**~Under Construction~**

**STSD is excited to be  
renovating the high school  
café but apologize for any  
inconvenience this will case  
as our menu will also be  
very limited during this  
time. No a la carte options  
will be available.**

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provider. Menus are subject to change.*

**Monday, September 22**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Tuesday, September 23**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Wed., September 24**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Thursday, September 25**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Friday, September 26**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Monday, September 29**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit

**Tuesday, September 30**

Choice of Sandwiches:  
Turkey & Cheese, Ham  
& Cheese, Buffalo  
Chicken & Cheese or  
PB&J  
OR Select Salads

Served w/ choice of  
Veggies, Fruit and Milk  
\*Lactaid available upon request

Meals must include veggie and/or fruit