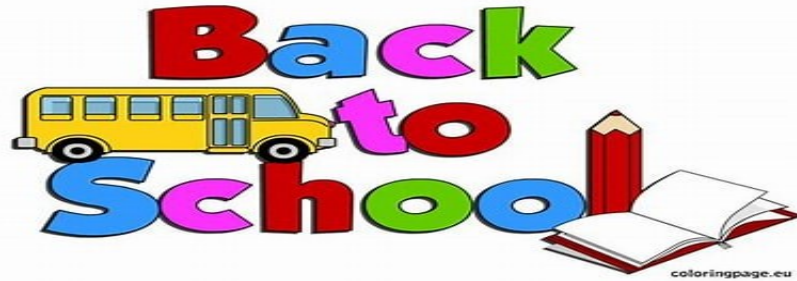


September 2025 Breakfast at Susquehanna Township High School



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

Starting after
Labor Day...

your
school
is now

**SERVING
BREAKFAST**

So join us!



Breakfast menus are now designed to meet new government guidelines for fewer added sugars. Some items offered last year will not be served.



Qualifying free meal described on next page....

Monday, September 1



NO SCHOOL

Tuesday, September 2

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Wed., September 3

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Thursday, September 4

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Friday, September 5

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal
Bar w/ Yogurt

Served with choice
of Fruit and Milk

Monday, September 8

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Tuesday, September 9

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Wed., September 10

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Thursday, September 11

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk


Friday, September 12

Choice of:
POP-tarts, Fruit
Muffin, Cereal
Bowl w/ Cheese
Stick or Cereal Bar
w/ Yogurt

Served with choice
of Fruit and Milk

Breakfast Menu Items Offered Daily:

Whole Fresh Fruit
1% Plain Milk
Skim Milk
Lactaid Milk available upon request

Monday, September 15 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Tuesday, September 16 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Wed., September 17 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Thursday, September 18 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Friday, September 19 Teacher In-Service 
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Monday, September 22 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Tuesday, September 23 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Wed., September 24 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Thursday, September 25 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Friday, September 26 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk
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Monday, September 29 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk	Tuesday, September 30 Choice of: POP-tarts, Fruit Muffin, Cereal Bowl w/ Cheese Stick or Cereal Bar w/ Yogurt Served with choice of Fruit and Milk
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The Community Eligibility Provision


Susquehanna Township School District is currently able to participate in this program which enables all students to get meals for “FREE”, provided they take a “qualified” meal. This means the student must take at least 3 items including a fruit at breakfast and a fruit or vegetable at lunch.




If your student does not take the full qualified meal, they may be charged an a la carte price. A la carte items, Including snacks and second servings, are not free.

NO APPLICATIONS NEEDED

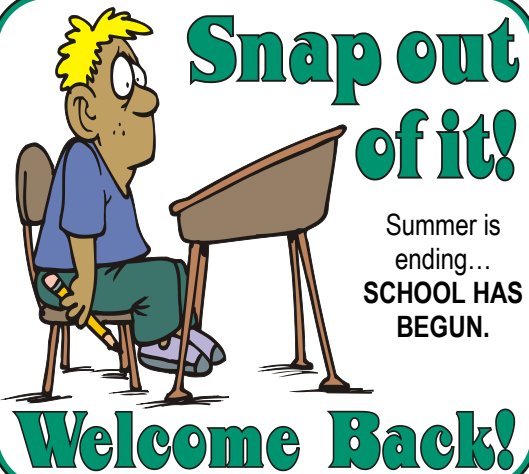
First things First

To make a breakfast, choose at least one


or



and at least three items total




This is a qualified breakfast for free
STSD FOOD SERVICE



Snap out of it!

Summer is ending...
SCHOOL HAS BEGUN.

Welcome Back!