

# Susquehannock High School

Welcome to our  
Lunch Cafe

3/1/2024 - 3/1/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed  
Bread Sticks  
*baked bread sticks filled  
with melted cheese*   
Tomato Sauce Dip

Hand Crafted Buffalo  
Chicken Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Specialty Pizza of the day. All feature whole grain rich pizza dough.

Walking Taco  
*mexi-style taco meat  
paired with crispy chips*

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans.

Smokehouse Burger  
*burger on a freshly  
toasted bun with BBQ  
sauce*

Available Daily: Hamburgers, Cheeseburgers, Breaded Chicken Filet Sandwich, Turkey Burgers or Veggie Burgers.

Italian Combo Wrap  
*cured meat variety on a  
wrap with lettuce and  
tomato*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings.

Crispy Chicken  
Garden Salad  
*fresh garden salad  
topped with baked crispy  
chicken and served with  
dinner roll(s)*

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk.

Green Pepper Slices  
Cucumber Coins  
Sliced Peaches  
Pineapple Cup

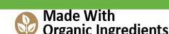
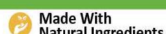
Rice and Bean  
Enchilada  
*a soft tortilla filled with  
rice and beans, topped  
with salsa and baked  
until tender*



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# Susquehannock High School

Welcome to our  
Lunch Cafe

3/4/2024 - 3/8/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Chili Mac & Cheese  
bean chili mixed with  
creamy cheese and  
macaroni topped with  
melted shredded cheese



Ciabatta Bar  
Today!

Chicken Bowl with  
Gravy  
chicken layered with  
mashed potatoes and  
corn, smothered in gravy

Homemade Pasta &  
Meatballs  
freshly baked meatballs  
with tomato sauce over  
pasta

Baked Chicken  
Vegetable Rice Pilaf



Personal Pan  
Cheese Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Sausage Pizza  
traditional pizza slice  
topped with sausage



Personal Pan  
Cheese Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Hawaiian Pizza  
ham and pineapple  
chunks over a cheese  
pizza slice



White Pizza



Available Daily: Cheese Pizza, Pepperoni Pizza and Specialty Pizza of the day. All feature whole grain rich pizza dough.



Soft Tacos  
freshly prepared fiesta-  
style meat with melted  
cheese wrapped in a  
warm soft taco shell



Buffalo Chicken and  
Cheese Quesadilla

Classic Tex Mex  
Burrito  
mexi-style meat, rice and  
shredded cheese folded  
inside a soft tortilla



Fiesta Taco Salad



Chimichanga



Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans.



Sausage, Egg and  
Cheese Sandwich

Grilled Chicken  
Cutlet Sandwich  
grilled chicken breast  
prepared in-house  
served between a soft  
roll

Chicken Parmesan  
Sandwich

Grilled Cheese  
Sandwich



Pizza Burger  
burger topped with pizza  
sauce, mozzarella  
cheese and romaine  
lettuce on a bun



Available Daily: Hamburgers, Cheeseburgers, Breaded Chicken Filet Sandwich; Regular & Spicy, Turkey Burgers or Veggie Burgers.



Turkey Ranch Wrap  
turkey breast with lettuce,  
tomato and ranch on a  
wrap



Boston's Favorite  
Panini  
thinly sliced turkey  
breast, ham and cheese  
with lettuce and tomato  
grilled to perfection



Buffalo Chicken  
Panini  
buffalo chicken with  
lettuce and tomato on a  
panini



Chicken Delight  
Wrap  
tender chicken and  
melted cheese wrapped  
in a tortilla

The Harvest Classic



Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings.



Seasoned Salad  
salad with beans, corn,  
sour cream, and salsa



Buffalo Chicken  
Salad with Dinner  
Rolls



Classic Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions



Classic Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses



Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk.



Garden Salad  
Chilled Red Pepper  
Strips  
Fresh Orange  
Cinnamon  
Applesauce

Celery  
Cucumber Coins  
Fresh Apple

Celery & Carrot  
Sticks w/ Low Fat  
Dressing  
carrots and celery sticks  
paired with dressing for  
dipping  
Tomatoes  
Fresh Banana



Fresh Baby Carrots  
Broccoli Bites  
Diced Peaches  
Diced Pear Cup

Cucumber Coins  
Broccoli Bites  
Pear and Pineapple  
Cup



Veggie Bean  
Quesadilla  
hand crafted cheesy  
quesadilla, stuffed with  
black beans, onions and  
sauteed peppers



Homemade Pasta &  
Broccoli with Garlic &  
Oil  
al dente pasta with  
broccoli sauteed in garlic  
and olive oil



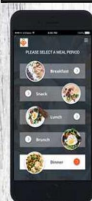
Simply Boxed Yogurt  
Power Pack  
freshly made meal with  
yogurt, diced cheese,  
granola and dried fruit



Bean Tortilla Bowl  
seasoned pureed beans  
in a whole grain tortilla  
bowl topped with  
shredded cheese and  
cilantro



Fruity Parfait  
vanilla yogurt topped with  
strawberries, blueberries,  
and crunchy granola



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Made With  
Natural Ingredients



Pork



Smart  
Choice



Made With  
Organic Ingredients





# Susquehannock High School

Welcome to our  
Lunch Cafe

3/11/2024 - 3/15/2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Homemade Mac & Cheese  
pasta in cheese sauce,  
garnished with parsley  
Garden Salad

Honeyfire Kitchen  
Chicken Sandwich  
HONEYFIRE  
KITCHEN

Incredibowls General  
Tso's Chicken  
General Tso's seasoned  
chicken with brown rice,  
broccoli, and scallions

Buffalo Chicken  
Tenders  
Buffalo chicken tenders  
with carrot and celery  
sticks  
Sweet Potato Fries

Meatball Hero  
Golden Baked Potato  
Wedges



BBQ Chicken Pizza

Pizzadilla Quesadilla  
grilled tortilla filled with  
melty cheese, tomato  
sauce, salsa, and  
pepperoni

Homemade Chicken  
& Cheese Stromboli  
Chicken and melted  
cheese wrapped in a  
pizza dough

White Pizza

Hand Crafted Buffalo  
Chicken Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Specialty Pizza of the day. All feature whole grain rich pizza dough.



Walking Taco  
mexi-style taco meat  
paired with crispy chips

Ranch & Chicken  
Quesadilla

Chimichanga

Soft Tacos  
freshly prepared fiesta-  
style meat with melted  
cheese wrapped in a  
warm soft taco shell

Classic Tex Mex  
Burrito  
mexi-style meat, rice and  
shredded cheese folded  
inside a soft tortilla

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans.



Grilled Chicken  
Cutlet Sandwich  
grilled chicken breast  
prepared in-house  
served between a soft  
roll

Bacon Cheeseburger  
burger topped with  
cheese and bacon on a  
freshly toasted bun

Ham & Cheese  
Bagel Melt  
ham and melted cheese  
on a bagel

Buffalo Chicken  
Wrap

Chicken Ranch Wrap  
tender chicken tossed in  
buttermilk ranch dressing  
with lettuce and tomatoes  
in a wrap

Available Daily: Hamburgers, Cheeseburgers, Breaded Chicken Filet Sandwich; Regular & Spicy, Turkey Burgers or Veggie Burgers.



Ham & Cheese Triple  
Decker Sandwich

Boston's Favorite  
Panini

Turkey BLT  
Sandwich

Turkey Ranch Wrap  
turkey breast with lettuce,  
tomato and ranch on a  
wrap

Chicken Caesar  
Wrap

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings.



Chicken Caesar  
Salad  
fresh romaine topped  
with parmesan cheese,  
chicken, and croutons  
with dinner rolls

Spinach Salad  
spinach topped with  
crumbled bacon,  
mushrooms, and red  
onion

Classic Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg

Seasoned Salad  
salad with beans, corn,  
sour cream, and salsa

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk.



Carrot Dippers  
Spinach Salad  
Fresh Banana

Cucumber Coins  
Chilled Red Pepper  
Strips  
Applesauce  
Diced Pear Cup

Celery & Carrot  
Sticks w/ Low Fat  
Dressing  
Cinnamon & Honey  
Roasted Beans  
Sliced Peaches  
Pineapple Cup

Spinach Salad  
Cucumber Coins  
Diced Pear Cup  
Fresh Banana

Broccoli Bites  
Fresh Baby Carrots  
Fresh Orange



Homemade Pasta &  
Broccoli with Garlic &  
Oil  
al dente pasta with  
broccoli sauteed in garlic  
and olive oil

Hummus & Veggie  
Sandwich  
homemade hummus with  
tomatoes, carrots and  
lettuce on a sandwich

Simply Boxed Yogurt  
Power Pack  
freshly made meal with  
yogurt, diced cheese,  
granola and dried fruit

Simply Boxed Egg  
Protein Pack  
freshly packed meal with  
a hard boiled egg, nut-  
free spread, fruit and  
pretzels

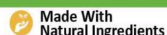
Balsamic Glazed  
Vegetable Sandwich  
grilled eggplant, zucchini,  
squash and peppers  
marinated in balsamic  
glaze on a roll



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# Susquehannock High School

Welcome to our  
Lunch Cafe

3/18/2024 - 3/22/2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Tot Spot's Disco  
Tater Tots 🍟

Burger Bar  
choice of burger with a  
variety of toppings  
served on a whole wheat  
bun

Chicken Bowl with  
Gravy  
chicken layered with  
mashed potatoes and  
corn, smothered in gravy

Herb Grilled Chicken  
Nuggets  
grilled chicken nuggets  
perfect for dipping in your  
favorite sauce  
Chick'n Dipp'n Sauce  
Crispy Potato Puffs

Ham & Cheese  
Sandwich  
freshly made and thinly  
sliced ham and cheese  
on a sandwich P



BBQ Chicken Pizza  
🍕

Homemade Chicken  
& Spinach Calzone  
garlic toasted pizza crust  
filled with chicken,  
spinach, ricotta and  
melted cheeses 🍕

White Pizza 🍕 🌱

Meat Lovers Pizza  
freshly made pizza  
topped with mozzarella  
cheese, sausage,  
pepperoni and meatball  
🍕

Pepperoni Pizza  
Pops 🍕

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough.



Chicken Enchilada  
chicken and rice rolled in  
a tortilla and baked with  
salsa over top 🍕

Fiesta Taco Salad 🍕

Walking Taco  
mexi-style taco meat  
paired with crispy chips

Soft Tacos  
freshly prepared fiesta-  
style meat with melted  
cheese wrapped in a  
warm soft taco shell 🍕

Ranch & Chicken  
Quesadilla  
homemade fiesta  
chicken, mozzarella and  
ranch dressing melted  
into a warm tortilla

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans.



Grilled Chicken  
Cutlet Sandwich  
grilled chicken breast  
prepared in-house  
served between a soft  
roll

BBQ Chicken Wrap  
chicken breast with BBQ  
sauce, lettuce and  
tomato in a wrap 🍕

Sausage, Egg and  
Cheese Sandwich

Bacon Cheeseburger  
burger topped with  
cheese and bacon on a  
freshly toasted bun P

Grilled Cheese with  
Bacon  
grilled cheese with layers  
of crisp bacon on toasty  
bread

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches.



American Beauty  
freshly made sandwich  
with thinly sliced turkey  
and cheese, crispy  
lettuce and tomato 🍕

Turkey Club Wrap  
turkey breast, bacon,  
chopped romaine lettuce  
and tomato, wrapped in a  
tortilla 🍕

Buffalo Chicken  
Panini  
buffalo chicken with  
lettuce and tomato on a  
panini 🍕

Turkey Ranch Wrap  
turkey breast with lettuce,  
tomato and ranch on a  
wrap 🍕

Chicken Caesar  
Sandwich  
crispy chicken patty with  
fresh lettuce, tomato and  
Caesar dressing on a  
roll 🍕

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps with vegetable toppings.



Crispy Chicken  
Garden Salad 🍕

Buffalo Chicken  
Salad with Dinner  
Rolls 🍕

Grilled Chicken  
Salad with Dinner  
Rolls 🍕

Chicken Caesar  
Salad 🍕

Chicken Salad

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk.



Cherry Tomatoes  
Fresh Baby Carrots  
Mixed Fruit

Broccoli Florets  
Garden Salad  
Fresh Banana  
Diced Peaches

Celery & Carrot  
Sticks w/ Low Fat  
Dressing  
Garden Salad  
Pineapple

Green Pepper Slices  
Broccoli Bites  
Sliced Oranges  
Diced Peaches

Celery & Carrot  
Sticks w/ Low Fat  
Dressing  
Broccoli Florets  
Diced Pear Cup  
Fresh Apple



Simply Boxed Yogurt  
Power Pack  
freshly made meal with  
yogurt, diced cheese,  
granola and dried fruit  
🌱 🍌 🍌

Simply Boxed Pretzel  
Energy Box  
freshly prepared on the  
go pretzel, cheese stick  
and fruit mix 🌱 🍌 🍌

Vegan Hummus  
Flatbread  
freshly prepared garlic  
infused flatbread topped  
with fresh hummus,  
tomatoes and spinach  
🌱 🍌 🍌

Homemade Pasta &  
Broccoli with Garlic &  
Oil  
al dente pasta with  
broccoli sauteed in garlic  
and olive oil 🌱 🍌

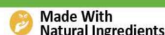
Two Cheese  
Quesadilla  
grilled cheese quesadilla  
🌱



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WHITSON'S  
School Nutrition



# Susquehannock High School

Welcome to our  
Lunch Cafe

3/25/2024 - 3/29/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Cheese Sandwich  
golden toasted bread  
with melted gooey  
cheese pressed and  
prepared in-house   
Tomato Soup

BBQ Pulled Pork  
tender, slow roasted,  
marinated pork covered  
in BBQ sauce   
Homemade Deli  
Style Coleslaw



Sausage Pizza  
traditional pizza slice  
topped with sausage

White Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough.



Crunch Wrap Taco  
fiesta-style meat with  
melted cheese arranged  
in a hard taco shell  
surrounded by a tortilla

Walking Taco  
mexi-style taco meat  
paired with crispy chips

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Vegetable and Refried Beans.



Bacon, Egg and  
Cheese Breakfast  
Sandwich

Honey Mustard  
Chicken Wrap

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches.



Tuna Salad  
Sandwich  
freshly made sandwich  
topped with creamy tuna  
salad

Buffalo Chicken  
Sandwich

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps with vegetable toppings.



Eastern Chicken  
Salad

Grilled Chicken  
Salad with Dinner  
Rolls

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk.



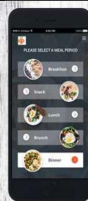
Cauliflower  
fresh cauliflower ready to  
dip in your favorite  
dressing  
Garden Salad  
Pineapple Cup  
Fresh Banana

Celery  
Broccoli Bites  
Fresh Orange



Mozzarella Sticks  
crispy mozzarella sticks  
filled with gooey cheese,  
perfect for dipping into  
your favorite sauce

Grilled Cheese  
Sandwich  
golden toasted bread  
with melted gooey  
cheese pressed and  
prepared in-house



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