

**Bloomsburg
Elementary
Schools**
Menus for
**January
2020**



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



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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

**WE HAVE YOUR
NEW YEAR'S
RESOLUTION**

Join us every day for
convenient, economical,
healthy meals!

Breakfast

Lunch

No Charge

\$2.35

Learn more about free and reduced-price meals: call Melissa Everhart 570-784-5000 or email: meverhart@bloomsd.k12.pa.us

Thursday, January 2

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Bagel with Cream Cheese

Breakfast for Lunch

2 Pancakes with Sausage w/ Syrup
Ham and Cheese Croissant
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots /Fresh Veggies
Fruit Juice and Milk

Friday, January 3

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cereal Bar

Lunch

Cheesy Pizza Wedge
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Zesty Baked Beans /Fresh
Veggies
Frozen Ice and Milk

NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS

Monday, January 6

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Mini Waffles

Lunch

Chicken Nuggets with Roll
Sloppy Joe on a Bun
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Baked French Fries /Fresh
Veggies
Fruit and Milk

Tuesday, January 7

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Taco Tuesday Lunch

Beef and Cheese Soft Shell Taco
Beef and Cheese with Taco Chips
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Black Bean Salsa
Lettuce and Tomato
Fruit and Milk

Wednesday, January 8

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Muffin

Lunch

Popcorn Chicken Mashed Potato
Bowl with Roll
Cheese Steak Hoagie
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Corn / Fresh Veggies
Fruit and Milk

Thursday, January 9

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese Bagel

Lunch

Creamy Macaroni and Cheese
with Roll
Hot Dog on Bun
PB & J Sandwich
Chef Salad with Graham Crks
Sides:
Steamed Broccoli /Fresh Veggies
Baked Fruit Crisp
Milk

Friday, January 10

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Blueberry Muffin with Toast

Lunch

Toasted Cheese Sandwich
Fish Sticks with Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Tomato Soup with Crackers
Baby Carrots / Fresh Veggies
Fruit and Milk

