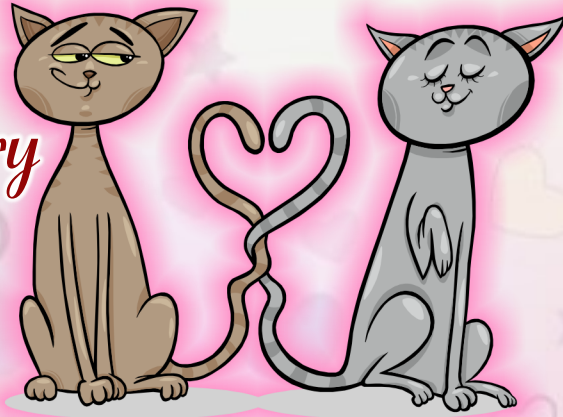


# Menus for February 2019

**Bloomsgburg  
Middle  
School**



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

## Monday, February 4

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
French Toast Sticks

### Pretzel -Lunch

Chicken Sticks with  
Wheat Roll  
Meatball Hoagie  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: **Soft Pretzel!**  
Zesty Baked Beans / Fresh Veggies  
Fruit and Milk

## Tuesday, February 5

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Ham, Egg, Cheese Muffin

### Chinese NY Lunch

General Tso Chicken over Rice  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
**Egg Roll** / Fresh Veggies  
**Fortune Cookie!**  
Fruit and Milk

## Wednesday, February 6

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Pizza

### Lunch

Chicken Parmesan with Side of  
Pasta and Garlic Bread  
Turkey & Cheese on Pretzel Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Cesar Salad / Fresh Veggies  
Fruit and Milk

## Thursday, February 7

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Mini Waffles

### Lunch

Toasted Cheese Sandwich  
Cheese Steak Hoagie  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tomato Soup with Crackers  
Cesar Salad / Fresh Veggies  
Fruit and Milk

## Friday, February 8

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage and Cheese Bagel

### Domino's Lunch

Plain or Pepperoni Domino's  
Tuna Melt Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Mixed Vegetables / Fresh  
Veggies  
Fruit and Milk

*A Note from the Child Nutrition Director*

## **IMPORTANT:**

**Families affected by the Federal  
Government shutdown can apply now  
for free and reduced-price meal  
benefits for their kids in our schools.  
Please call 570-784-5000 or email:  
meverhart@bloomsgd.k12.pa.us to  
learn more.**

## Monday, February 11

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pizza Bagel

### Lunch

Salisbury Steak with Roll  
Spicy Chicken Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Creamy Mashed Potatoes /  
Fresh Veggies  
Fruit and Milk

## Tuesday, February 12

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage and Cheese Muffin

### Lunch

Nachos with Chili, Cheese Sauce  
Salsa, Sour Cream and Roll  
Sloppy Joe on a Bun  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Golden Corn/ Lettuce & Tomato  
Fruit and Milk

## Wednesday, February 13

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg, Ham, Cheese Bagel

### Lunch

Jumbo Cheese Ravioli with  
Garlic Bread  
Hot Dog on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Fresh Veggies/ Sauerkraut  
Fruit and Milk

## Thursday, February 14

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Funnel Cake with Sausage

### Lunch

Oven Baked Chicken with  
Rice Pilaf  
Hamburger / Cheeseburger  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Golden Corn / Fresh Veggies  
Fruit and Milk  
**Valentine Ice Cream Sundae!**

## Friday, February 15

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Burrito

### Lunch

Stuffed Crust Pizza Sticks with  
Sauce  
Fish Sticks with Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli/ Fresh Veggies  
Fruit and Milk

## Friday, February 1

### Breakfast

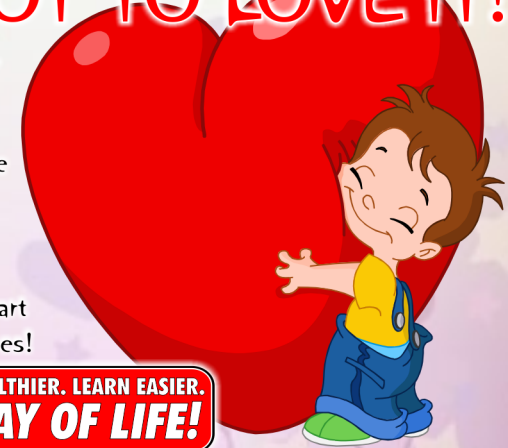
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pancakes with Sausage

### Super Bowl Party

Boneless Chicken Wing Bites  
(Hot or BBQ) with Roll  
Ham and Cheese Panini  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Side:  
Potato Wedges/ Fresh Veggies  
Fruit and Milk

# YOU'VE GOT TO LOVE IT!

You've got to love your heart,  
that is! And taking care of  
your heart is a job that lasts  
your whole lifetime. Eat more  
fruits, veggies, and whole  
grains and less salt and  
saturated fat. And exercise  
regularly like your healthy heart  
depends on it - because it does!



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

## YEAR OF THE PIG

