

Happy New Year!



BLOOMSBURG ELEMENTARY SCHOOLS

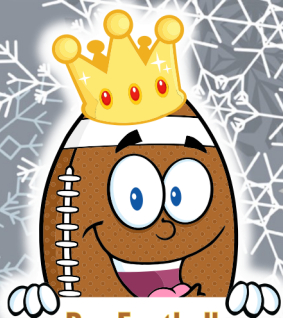
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YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



Pro Football playoffs start January 13. What team will wear the crown?

Tuesday, January 2

Breakfast

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

Lunch

Chicken Sticks with Roll
BBQ Rib Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:

Broccoli / Fresh Veggies

Soft Pretzel

Fruit and Milk

Wednesday, January 3

Breakfast

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

Lunch

Cheese Lasagna Roll and Bread Stick
Turkey and Cheese on Croissant
PB & J Sandwich
Chef Salad with Round Roll

Sides: Steamed Green Beans/
Fresh Veggies

Fruit and Milk

Thursday, January 4

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Scrambled Eggs / Toast

Lunch

Toasted Cheese Sandwich
Hamburger on a Roll
PB & J Uncrustable
Chef Salad with Graham Crackers

Sides: Tomato Soup with Crackers
Fresh Veggies

Fruit and Milk

Friday, January 5

Breakfast

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

Lunch

Personal Cheesy Pizza
Chicken Salad on Round Roll
PB & J Sandwich
Chef Salad with Round Roll

Sides: Zesty Baked Beans / Fresh
Veggies

Fruit and Milk



Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."

Monday, January 8

Breakfast

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

Lunch

Chicken Nuggets with Roll
Turkey and Cheese on Croissant
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:

Mixed Vegetables/ Fresh Veggies
Fruit and Milk

Tuesday, January 9

Breakfast

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

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
Golden Corn / Lettuce and
Tomato

Fruit and Milk

Wednesday, January 10

Breakfast

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

Lunch

Pasta with Meat Sauce and Bread Stick
Chicken Patty on Wheat Roll
PB & J Sandwich
Chef Salad with Graham Crackers

Sides: Caesar Salad / Fresh Veggies
Fruit and Milk

Thursday, January 11

Breakfast

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

Brunch for Lunch

3 French Toast Sticks / Sausage Egg, Ham and Cheese Muffin
PB & J Sandwich
Chef Salad with Round Roll

Sides: Tater Tots/ Garbanzo Beans
Fruit Juice and Milk

Friday, January 12

Breakfast

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

Lunch

Stuffed Crust Pizza Sticks with Sauce
Yogurt Cup with Graham Crackers
PB & J Sandwich
Chef Salad with Round Roll

Sides: Cooked Carrots/ Fresh Veggies
Fruit and Milk

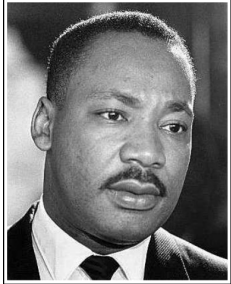
GREAT STARTS.



A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

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

Monday, January 15



*School will be closed today
in honor of the birthday of
Martin Luther King, Jr.*

Act 80 Day for Staff!

Tuesday, January 16

Breakfast

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

PA Potato Lunch

Baked Potato with Chili and
Cheese and Roll
Breaded Chicken Sandwich
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Steamed Peas
Fruit Ice and Milk

Wednesday, January 17

Breakfast

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

Lunch

Chicken and Waffles
BBQ Rib Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Mashed Potatoes /Fresh Veggies
Pudding Cup
Fruit and Milk

Thursday, January 18

Breakfast

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

Lunch

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

Friday, January 19

Breakfast

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

Lunch

Bosco Cheese Sticks with Sauce
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Zesty Baked Beans /Fresh
Veggies
Fruit and Milk



Which of these prehistoric life forms is NOT extinct?

Monday, January 22

Breakfast

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

Lunch

Corn Dog Nuggets with Roll
Grilled Chicken Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Emoji Potato / Bean Salad
Fruit Ice and Milk

Tuesday, January 23

Breakfast

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

Lunch

Pasta with Meatballs with Garlic
Bread Stick
Deli Hoagie
PB & J Sandwich
Chef Salad with Dinner Roll
Sides:
Steamed Green Beans / Fresh
Veggies
Fruit and Milk

Wednesday, January 24

Breakfast

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

Breakfast for Lunch

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

Thursday, January 25

Breakfast

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

Lunch

Popcorn Chicken Bowl with Roll
Pulled Pork BBQ on a Roll
PB & J Sandwich
Chef Salad with Dinner Roll
Sides:
Corn
Fruit and Milk

Friday, January 26

Breakfast

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

Lunch

Cheesy Pizza
Yogurt Cup with Graham
Crackers
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Candied Carrots / Fresh Veggies
Fruit and Milk



Monday, January 29

Breakfast

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

Lunch

Chicken Tenders with Roll
Cheeseburger on a Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Zesty Baked Beans / Fresh
Veggies
Fruit and Milk

Tuesday, January 30

Breakfast

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

Lunch

Nachos with Cheese and Chili
and Sour Cream
Hot Dog on a Bun
PB & J Sandwich
Chef Salad with Roll
Sides:
Golden Corn / Lettuce and
Tomato
Fruit and Milk

Wednesday, January 31

Breakfast

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

Lunch

Chicken Pot Pie and Roll
(Chicken, Noodles, Gravy)
Ham and Cheese on Croissant
PB & J Sandwich
Chef Salad with Roll
Sides:
Mixed Vegetables / Fresh Veggies
Fruit and Milk

The home stretch!



**Just a few more
months to go in
the school year!
YOU CAN DO IT!
And we want to
help! While you
concentrate on
the finish line,
we'll keep you
fueled up with
tasty, nutritious
food!**

STEGOMASTODON -- a six-ton elephant-like behemoth.
MEGATHERIUM -- a four-ton giant ground sloth. And the
AVOCADO?! The first two are extinct -- and the third probably
should be. The avocado plant developed its large seed (it was
even larger back then) because very big animals would eat the
fruit whole in one gulp, seed and all, and help the plant spread
to new areas. When most of the big mammals died off 10,000
or more years ago, the avocado should have disappeared with
them -- birds and tiny mammals can't begin to swallow and
disperse a seed that big! But somehow the wild avocado
survived thousands of years until humans learned to cultivate
the delicious fruit. And the avocado's future survival was
guaranteed when man discovered the Super Bowl and started
cranking out lots of guacamole every winter!!

**Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html**