

# Menus for OCTOBER 2023



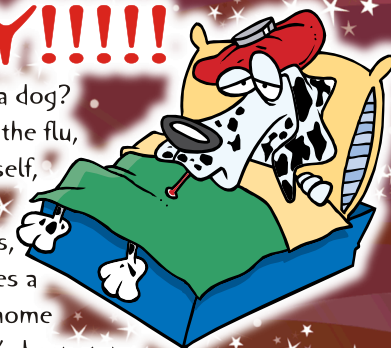
## BLOOMSBURG SECONDARY SCHOOLS

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



# STAY!!!!!!

Feeling sick as a dog?  
If you think it's the flu,  
please do yourself,  
your teachers,  
your classmates,  
and their families a  
favor and stay home  
until your fever's been gone  
for at least 24 hours. That's a good boy.



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

# DON'T GET!

## To make a lunch, choose at least one



or



**BLOOMSBURG AREA SCHOOL DISTRICT  
FOOD SERVICES**

**Monday, October 2**

### Breakfast

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

### Lunch

Chicken Nuggets with Roll  
Turkey Melt on a Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Baked French Fries/ Fresh Veggies  
Fruit and Milk

**Tuesday, October 3**

### Breakfast

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

### Lunch

Pasta with Meat Sauce  
and Garlic Bread  
Spicy Chicken Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: **Fresh Baked Cookie!**  
Caesar Salad / Fresh Veggies  
Fruit and Milk

**Wednesday, October 4**

### Breakfast

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

### Lunch

Peperoni and Cheese Stromboli  
with Sauce  
Cheese Steak Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: **Potato Bar**-Broccoli  
and Cheese sauce/Fresh Veggies  
Fruit and Milk

**Thursday, October 5**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Maple Waffle

### Brunch for Lunch

3 French Toast Sticks / 2  
Sausage  
Ham, Egg and Cheese Bagel  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Tater Tots / Fresh Veggies  
Fruit and Milk

**Friday, October 6**

### Breakfast

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

### Lunch

Stuffed Crust Pizza Sticks with  
Sauce  
Sloppy Joe on Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Golden Corn / Fresh  
Veggies  
Fruit and Milk

**Monday, October 9**

**Act 80 Day  
Teacher In-Service!**

**No Students!**



**Tuesday, October 10**

### Breakfast

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

### Taco Tuesday Lunch

Beef or Chicken Taco  
With Cheese  
(Soft Shells or Chips)  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Spanish Rice/ Black Bean  
Salsa/ Lettuce and Tomato  
Fruit and Milk

**Wednesday, October 11**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

### Lunch

General Tso Chicken over  
Vegetable Refried Rice and Roll  
Hamburger/ Cheeseburger  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Steamed Broccoli / Fresh  
Veggies / Fruit and Milk

**Thursday, October 12**

### Breakfast

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

### PA Harvest Lunch

Davis Grown Roast Beef over  
Noodles and Roll  
Ham and Cheese Panini  
Salad Bar / Deli Hoagie / Wrap  
Sides: Golden Corn / Fresh  
Veggies/ **Moore's Fresh  
Apple** and Milk

**Friday, October 13**

### Breakfast

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

### Panther Pride Lunch

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

Celebrate National School Lunch Week – October 9th -13st

# OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



## Lepidopterist

A "Lepidopterist" is someone who collects or studies butterflies.



**YOU'RE STILL GOOD**  
**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**



**Monday, October 16**

### Breakfast

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

### Lunch

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

**Tuesday, October 17**

### 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  
 Pulled Pork BBQ on a Bun  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 Golden Corn/ Lettuce & Tomato  
 Fruit and Milk

**Wednesday, October 18**

### Breakfast

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

### Lunch

Chicken Alfredo Pasta with  
 Garlic Bread  
 Kielbasa on a Roll  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides: Steamed Broccoli /  
 Fresh Veggies/  
 Baked Fruit Crisp and Milk

**Thursday, October 19**

### Breakfast

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

### Lunch

Turkey and Waffles  
 Chicken Cheese Steak Hoagie  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 Creamy Mashed Potatoes /  
 Fresh Veggies  
 Fruit and Milk

**Friday, October 20**

### Breakfast

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

### Apple Crunch Lunch

School Made Meat Lovers Pizza  
 Cheese Steak Hoagie  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides: Zesty Baked Beans/ Fresh  
 Veggies  
**Moore's Fresh Apples**  
 and Milk

**Monday, October 23**

### Breakfast

Choice of Juice, Fruit and Milk  
 Cold Cereal, Bagels,  
 Maple Waffle

### Lunch

Boneless Chicken Wings (Hot or  
 BBQ) with Whole Wheat Roll  
 Sloppy Joe on a Roll  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 French Fries / Fresh Veggies /  
 Fruit and Milk

**Tuesday, October 24**

### Breakfast

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

### Lunch

Pasta Bake with Garlic Bread  
 Grilled Chicken Sandwich  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 Caesar Salad/ Fresh Veggies  
 Fruit and Milk

**Wednesday, October 25**

### Breakfast

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

### Lunch

Popcorn Chicken Bowl with Roll  
 Ham and Cheese Panini  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 Golden Corn/ Fresh Veggies  
 Fruit and Milk

**Thursday, October 26**

### Breakfast

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

### Lunch

Creamy Macaroni and Cheese  
 with Roll  
 Fish Sticks with Roll  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 Steamed Broccoli / Fresh  
 Veggies / **Pudding Cup**  
 Fruit and Milk

**Friday, October 27**

### Breakfast

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

### Early Dismissal Lunch

Pizza Quesadillas with Salsa  
 and Sour Cream  
 Tuna Salad on a Croissant  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides:  
 Cesar Salad / Fresh Veggies  
 Fruit and Milk

**Monday, October 30**

### No School!

### Parent Teacher Conferences!



**Tuesday, October 31**

### Breakfast

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

### Fall Fun Lunch

Funnel Cake with 2 Sausage  
 Ham and Cheese Bagel  
 PB & J Sandwich  
 Salad Bar / Deli Hoagie / Wrap  
 Sides: Baked Potato Rounds/  
 Fresh Veggies  
**Orange Cream EEEK ice!**  
 and Milk

## this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a **mystery!** Take olives, for instance. If you're a kid, chances are that

you won't touch them.

And no wonder -- they have a strong

flavor and are also quite salty. But some grocery stores sell dozens of different kinds. **SOMEBODY** must be eating all those olives. Guess who? **ADULTS!**

