

**Bloomsburg Secondary  
Schools**

# Menus for March 2024

*This institution is an equal  
opportunity provider  
and employer.*

# YOU'RE GOOD

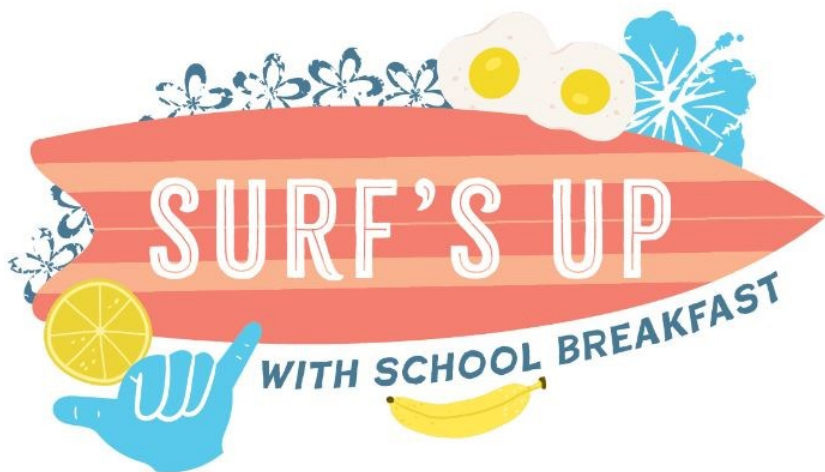


## ALL STUDENTS EAT ALL MEALS@ NO COST ALL YEAR LONG

*Oh, the Places  
You'll  
Go!*  
By  
Dr. Seuss



March 2-6 is  
"Read Across America" Week



## Kids!

Join us March 4-8  
for  
National School  
Breakfast Week  
2024!

**Friday, March 1**

### Breakfast

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

### Dr. Seuss' Bday Lunch

Funnel Cake with Eggs and Ham  
Fish Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:

Baked Tater Tots/ Fresh Veggies  
Fruit Juice and Milk  
**Birthday Treat!**

# SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

**Monday, March 4**

### Breakfast

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

### Lunch

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

**Tuesday, March 5**

### Breakfast

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

### Taco Tuesday Lunch

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

**Wednesday, March 6**

### Breakfast

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

### Lunch

Cheese Calzone with Sauce  
Hamburger/ Cheeseburger  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cesar Salad /Fresh  
Veggies  
Fruit and Milk  
Fruit and Milk

**Thursday, March 7**

### Breakfast

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

### Lunch

Chicken Alfredo Pasta with  
Garlic Bread  
Sloppy Joe Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Steamed Broccoli /Fresh  
Veggies/ Fruit and Milk

**Friday, March 8**

### Breakfast

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

### Brunch for Lunch

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



**Monday, March 11**

**Breakfast**

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

**Pretzel -Lunch**

Chicken Fries with Soft Pretzel  
Meatball Hoagie  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:

**Soft Pretzel!**

Zesty Baked Beans / Fresh  
Veggies

**Tuesday, March 12**

**Breakfast**

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

**Lunch**

Corn Dog Nuggets  
Turkeyburger on a Bun  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:

Emoji Potatoes / Fresh Veggies  
Fruit and Milk

**Wednesday, March 13**

**Breakfast**

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

**Lunch**

Pasta with Meatballs and Garlic  
Bread  
Spicy Chicken Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:

**Fresh Baked Cookie!**  
Cesar Salad /Fresh Veggies  
Fruit and Milk

**Thursday, March 14**

**Breakfast**

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

**Lunch**

Popcorn Chicken Mashed Potato  
Bowl with Roll  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:

Golden Corn / Fresh Veggies  
Baked Fruit Crisp and Milk

**Friday, March 15**

**Breakfast**

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

**Lunch**

Pizza Quesadilla with Salsa and  
Sour Cream  
Fish Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:

Steamed Broccoli /Fresh Veggies  
**Green Fruited Jell-O!**  
Milk



**What did the  
Teddy Bear  
say when  
he was  
offered  
dessert?**



**“No, thanks. I’m stuffed!”** Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

**Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)**

**Monday, March 18**

**Breakfast**

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

**Lunch**

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

**Tuesday, March 19**

**Breakfast**

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

**Lunch**

General Tso Chicken over Fried  
Rice  
Kielbasa on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Steamed Broccoli / Fresh  
Veggies  
Fruit and Milk

**Wednesday, March 20**

**Breakfast**

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

**Lunch**

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

**Thursday, March 21**

**Breakfast**

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

**Lunch**

Turkey and Waffles  
Hamburger / Cheeseburger  
on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Mashed Potatoes /Fresh Veggies  
Fruit and Milk

**Friday, March 22**

**Breakfast**

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

**Lunch**

Bosco Pizza Sticks with Sauce  
Tuna Melt Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Zesty Baked Beans / Fresh  
Veggies  
Fruit and Milk

**Monday, March 25**

**Breakfast**

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

**Lunch**

Chicken Nuggets with Roll  
Meatball Hoagie  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: **Baked Potato Bar** /  
Fresh Veggies  
Fruit and Milk

**Tuesday, March 26**

**Breakfast**

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

**Lunch**

Nachos with Chili, Cheese Sauce  
Salsa, Sour Cream and Corn  
Bread Muffin  
BBQ Pulled Pork a Bun  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Golden Corn/ Lettuce & Tomato  
Fruit and Milk

**Wednesday, March 27**

**Breakfast**

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

**Lunch**

Lasagna Roll up with Garlic  
Bread Stick  
Hot Dog on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Caesar Salad /Fresh Veggies/  
Sauerkraut  
Baked Fruit Crisp and Milk

**Thursday, March 28**

**Breakfast**

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

**Early Dismissal**

**Breakfast for Lunch**  
2 Pancakes and 2 Sausage Links  
With Syrup  
Egg and Cheese Muffin  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Tatter Tots / Fresh Veggies  
Fruit and Milk

**Friday, March 29**

**No School!**

**Spring Break**



**NUTRITION TO GO**

**Turns out Grandma was right:  
chicken soup IS good for a cold!  
Chicken soup helps to ease cold  
symptoms by breaking up congestion,  
keeping you hydrated, and even acting  
as an anti-inflammatory. The taste  
and aroma can be therapeutic, too!  
There's no cure for a cold, but a  
piping hot bowl of soup can  
at least offer some relief.**

**A QUICK BITE FOR PARENTS**