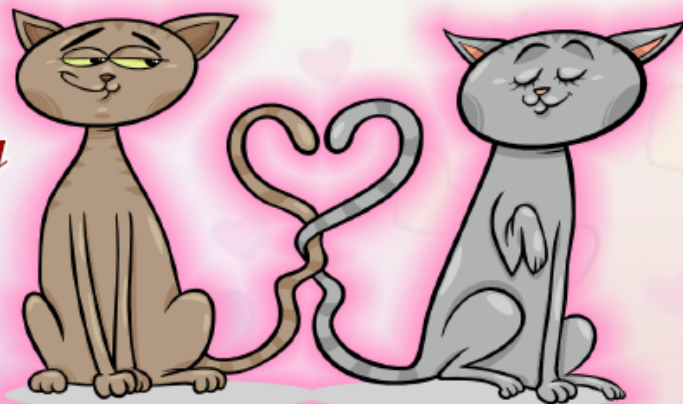


Menus for February 2020

**Bloomsburg
Elementary
Schools**



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

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!**

Monday, February 3

Breakfast

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

"Soup"er Lunch

Toasted Cheese Sandwich
Breaded Chicken Wrap
PB & J Sandwich
Chef Salad with Graham Crackers

Sides:
Tomato Soup with Crackers
Baby Carrots
Fruit and Milk

Tuesday, February 4

Breakfast

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

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

Wednesday, February 5

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese on a Muffin

Lunch

Pepperoni and Cheese Stromboli
with Sauce
Hamburger on a Roll
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Emoji Potatoes /Fresh Veggies
Fruit and Milk

Thursday, February 6

Breakfast

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

Lunch

5 Corn Dog Nuggets with Roll
BBQ Grilled Chicken Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll

Sides:
Steamed Broccoli /Fresh Veggies
Fruit and Milk

Friday, February 7

Breakfast

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

Lunch

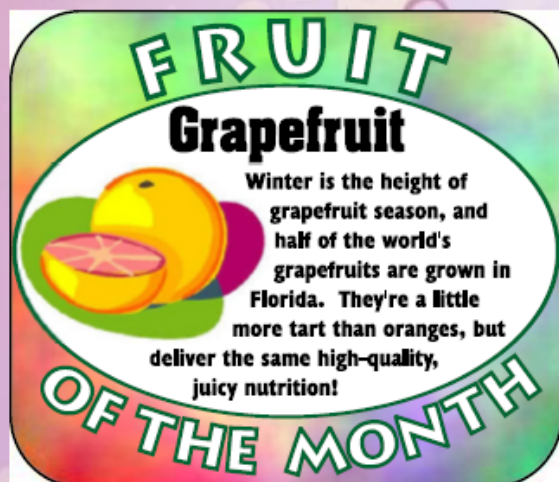
Cheesy Pizza Wedge
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Garbanzo Beans / Fresh Veggies
Fruit and Milk



Eat fresh vegetables as soon as possible after they're purchased. Some veggies, like spinach and green beans, lose up to 75% of their vitamin C within a week of being harvested, even when kept in the refrigerator, and you don't know how many days they spent in transit and in the store.

A TASTY MORSEL FOR PARENTS



Monday, February 10

Breakfast

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

Lunch

Chicken Sticks with Pretzel
Pulled Pork Sandwich
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Cesar Salad /Fresh Veggies
Soft Pretzel
Fruit and Milk

Tuesday, February 11

Breakfast

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

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, February 12

Breakfast

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

Lunch

Salisbury Steak with Roll
Hot Dog on Roll
PB & J Uncrustable
Chef Salad with Dinner Roll

Sides:
Creamy Mashed Potatoes /Fresh
Veggies
Fruit and Milk

Thursday, February 13

Breakfast

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

Lunch

Popcorn Chicken Rice Bowl
Cheese Steak Hoagie
PB & J Sandwich
Chef Salad with Dinner Roll

Sides:
Corn / Fresh Veggies
Fruit and Milk

Friday, February 14

Breakfast

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

Valentine Lunch

Funnel Cake with Sausage
BBQ Rib Sandwich
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Candied Carrots /Fresh Veggies
Fruit Juice and Milk
Valentine Ice Cream Sundae!

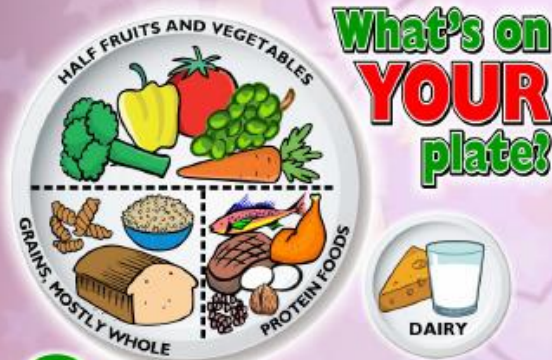
WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.
Happy Presidents Day!



STRANGE BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!



What's on **YOUR** plate?

Q: Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

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

Monday, February 17



NO SCHOOL TODAY

Tuesday, February 18

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:
Cooked Carrot Coins /Fresh Veggies

Birthday Treat!
Fruit and Milk

Wednesday, February 19

Breakfast

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

Lunch

Turkey Pot Pie (Turkey Gravy and Noodles)
BBQ Rib Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll

Sides:
Mixed Vegetables /Fresh Veggies
Fruit and Milk

Thursday, February 20

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 Kit (Graham Crackers)
Chef Salad with Graham Crks

Sides:
Steamed Broccoli /Fresh Veggies
Baked Fruit Crisp
Milk

Friday, February 21

Breakfast

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

Lunch

Cheese Stuffed Pizza Sticks With Sauce
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Zesty Baked Beans /Fresh Veggies
Frozen Ice and Milk

Monday, February 24

Breakfast

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

Brunch Lunch

French Toast Sticks and Sausage
Ham and Cheese Croissant
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Baked Tater Tots /Fresh Veggies
Fruit Juice and Milk

Tuesday, February 25

Breakfast

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

Lunch

Nachos with Chili and Cheese Sauce
Hamburger on a Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers

Sides:
Black Bean Salsa
Lettuce and Tomato
Fruit and Milk

Wednesday, February 26

Breakfast

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

Lunch

Cheese Stuffed Pretzel Sticks
Grilled Chicken Sandwich
PB & J Sandwich
Chef Salad with Round Roll

Sides:
Mixed Vegetable / Fresh Veggies
Fruit and Milk
Pudding Cup!

Thursday, February 27

Breakfast

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

Lunch

Popcorn Chicken Mashed Potato Bowl with Roll
Cheese Steak Hoagie
PB & J Sandwich
Chef Salad with Dinner Roll

Sides:
Corn / Fresh Veggies
Fruit and Milk

Friday, February 28

Breakfast

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

Lunch

Personal Pizza
Tuna Melt Sandwich
PB & J Sandwich
Chef Salad with Dinner Roll

Sides:
Steamed broccoli / Fresh Veggies
Fruit and Milk