

**Bloomsburg Summer Feeding**

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

**Monday, June 9**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Chicken Nuggets with Roll  
 PB & J Sandwich  
 Sides:  
 Emoji Potatoes /Fresh Veggies  
 Fruit and Milk

**Tuesday, June 10**  
**Breakfast**  
 Blueberry Waffle  
 Juice and Milk  
**Taco Tuesday Lunch**  
 Taco Chips, Meat and Shredded  
 Cheese  
 PB & J Sandwich  
 Sides:  
 Lettuce Tomato /Salsa  
 Fruit and Milk

**Wednesday, June 11**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Turkey and Cheese Croissant  
 with Bagged Snack  
 PB & J Sandwich  
 Sides:  
 Corn / Fresh Veggies  
 Fruit and Milk

**Thursday, June 12**  
**Breakfast**  
 4oz Yogurt with Granola  
 Juice and Milk  
**Brunch for Lunch**  
 3 French Toast Sticks / Sausage  
 PB & J Sandwich  
 Sides:  
 Tater Tots /Fresh Veggies  
 Fruit Juice  
 Milk

**Friday, June 13**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Stuffed Crust Pizza Sticks with  
 Sauce  
 PB & J Sandwich  
 Sides:  
 Tossed Salad / Fresh Veggies  
 Fruit and Milk

**Monday, June 16**  
**Breakfast**  
 Cereal Bar  
 Juice and Milk  
**Lunch**  
 Corn Dog Nuggets with Roll  
 PB & J Sandwich  
 Sides:  
 Baked French Fries /Fresh  
 Veggies /Fruit Ice  
 Milk

**Tuesday, June 17**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Grilled Chicken Wrap  
 PB & J Sandwich  
 Sides:  
 Mixed Vegetables / Fresh  
 Veggies  
 Fruit and Milk

**Wednesday, June 18**  
**Breakfast**  
 Chocolate Chip Muffin with  
 Grahams /Juice and Milk  
**Lunch**  
 Deli Hoagie  
 with Bagged Snack  
 Sides: Lettuce & Tomato /  
 Fresh Veggies  
 Fruit and Milk

**Thursday, June 19**  
**Breakfast**  
 Maple Waffle  
 Juice and Milk  
**Lunch**  
 Hot Dog on a Roll  
 PB & J Sandwich  
 Sides:  
 Zesty Baked Beans/  
 Fresh Veggies  
 Fruit and Milk

**Friday, June 20**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Cheeseburger on a Roll  
 PB & J Sandwich  
 Sides:  
 Green Beans / Fresh Veggies  
 Fruit and Milk

**Monday, June 23**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Ham and Cheese on a Croissant  
 PB & J Sandwich  
 Sides:  
 Corn /Fresh Veggies  
 Fruit and Milk

**Tuesday, June 24**  
**Breakfast**  
 Blueberry Waffle  
 Juice and Milk  
**Breakfast for Lunch**  
 Pancakes with Sausage and  
 Syrup  
 PB & J Sandwich  
 Sides:  
 Baked Tater Tots /Fresh Veggies  
 Fruit Juice and Milk

**Wednesday, June 25**  
**Breakfast**  
 Cereal Bar  
 Juice and Milk  
**Lunch**  
 Deli Turkey and Cheese  
 Sandwich with Bagged Snack  
 PB & J Sandwich  
 Sides:  
 Green Beans / Fresh Veggies  
 Fruit and Milk

**Thursday, June 26**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Chicken Stix with Roll  
 PB & J Sandwich  
 Sides:  
 Zesty Baked Beans /Fresh  
 Veggies  
 Fruit and Milk

**Friday, June 27**  
**Breakfast**  
 4oz Yogurt with Granola  
 Juice and Milk  
**Lunch**  
 Pizzeria Style Pizza  
 PB & J Sandwich  
 Sides:  
 Tossed Salad /Fresh Veggies  
 Fruit and Milk

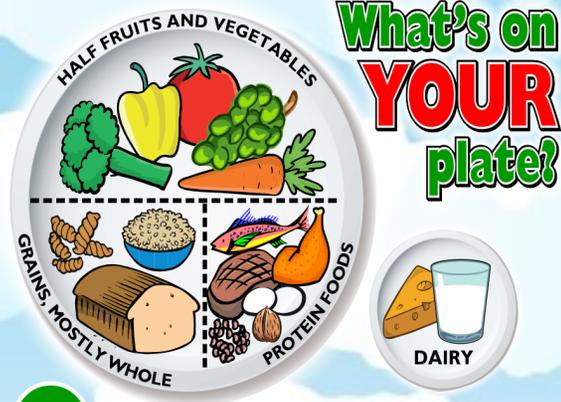
**Monday, June 30**  
**Breakfast**  
 Cereal with Grahams,  
 Juice and Milk  
**Lunch**  
 Cheeseburger on a Roll  
 PB & J Sandwich  
 Sides:  
 Corn / Fresh Veggies  
 Fruit and Milk

**Tuesday, July 1**  
**Breakfast**  
 Maple Waffle  
 Juice and Milk  
**Lunch**  
 Chicken Patty Sandwich  
 PB & J Sandwich  
 Bagged Snack  
 Sides:  
 Cooked Carrots / Fresh Veggies  
 Fruit and Milk

**Wednesday, July 2**  
**Breakfast**  
 Cereal with Grahams  
 Juice and Milk  
**Lunch**  
 Hotdog on Roll  
 PB & J Sandwich  
 Sides:  
 Zesty Baked Beans /Fresh  
 Veggies  
 Fruit and Milk

**Thursday, July 3**  
**Breakfast**  
 Choc Chip Muffin with  
 Grahams /Juice and Milk  
**Lunch**  
 Stuffed Crust Pizza Sticks with  
 Sauce  
 PB & J Sandwich  
 Sides: Tossed Salad /Fresh  
 Veggies  
 Fruit and Milk

**Friday, July 4**  
**Happy Holiday!**  
**No Meals**



**Q: Where do we get most of the tomatoes we eat?**

**A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.**



**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, July 7

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Chicken Nuggets with Roll  
PB & J Sandwich  
Sides:  
Emoji Potatoes /Fresh Veggies  
Fruit / Milk

Tuesday, July 8

**Breakfast**

Blueberry Waffle

**Taco Tuesday Lunch**

Taco Chips, Meat and Shredded  
Cheese  
PB & J Sandwich  
Sides:  
Lettuce Tomato /Salsa  
Fruit and Milk

Wednesday, July 9

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Deli Turkey and Cheese  
Sandwich with Bagged Snack  
PB & J Sandwich  
Sides:  
Green Beans / Fresh Veggies  
Fruit /Milk

Thursday, July 10

**Breakfast**

4oz Yogurt with Granola  
Juice and Milk

**Brunch for Lunch**

3 French Toast Sticks / Sausage  
PB & J Sandwich  
Sides:  
Tater Tots/ Fresh Veggies  
Fruit  
Milk

Friday, July 11

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Stuffed Crust Pizza Sticks with  
Sauce  
PB & J Sandwich  
Sides:  
Tossed Salad /Fresh Veggies  
Fruit / Milk

**RESPECT THE HEAT.**



When you're outside playing hard this summer, remember to prepare for the heat. Drink plenty of water before, during, and after vigorous summer exercise. If you wait until you feel thirsty to drink, you've waited too long!

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

**FRUIT**

**Golden Raisins**



People have been drying grapes to make raisins since ancient times.

Golden Raisins, made from green seedless grapes, are a low-fat, high energy, naturally sweet snack that also provides fiber. And they're portable!

**OF THE MONTH**

Monday, July 14

**Breakfast**

Cereal Bar  
Juice and Milk

**Lunch**

Corn Dog Nuggets with Roll  
PB & J Sandwich  
Sides:  
Baked French Fries/Fresh Veggies  
Fruit Ice and Milk

Tuesday, July 15

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Ham and Cheese Croissant  
PB & J Sandwich  
Sides:  
Mixed Vegetables / Fresh Veggies  
Fruit and Milk

Wednesday, July 16

**Breakfast**

Chocolate Chip Muffin with Grahams / Juice and Milk

**Lunch**

Grilled Chicken Sandwich  
PB & J Sandwich  
Bagged Snack  
Sides: Lettuce & Tomato /Fresh Veggies  
Fruit and Milk

Thursday, July 17

**Breakfast**

Maple Waffle  
Juice and Milk

**Lunch**

Hot Dog on a Roll  
PB & J Sandwich  
Sides:  
Green Beans /Fresh Veggies  
Fruit and Milk

Friday, July 18

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Pizzeria Style Pizza  
PB & J Sandwich  
Sides:  
Tossed Salad /Fresh Veggies  
Fruit and Milk

Monday, July 21

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Grilled Chicken Wrap  
PB & J Sandwich  
Sides:  
Mixed Vegetables / Bean Salad  
Fruit and Milk

Tuesday, July 22

**Breakfast**

Blueberry Waffle  
Juice and Milk

**Breakfast for Lunch**

Pancakes with Sausage and Syrup  
PB & J Sandwich  
Sides: Baked Tater Tots / Fresh Veggies  
Fruit Juice and Milk

Wednesday, July 23

**Breakfast**

Cereal Bar  
Juice and Milk

**Lunch**

Turkey and Cheese Hoagie  
PB & J Sandwich  
Bagged Snack  
Sides:  
Peas/ Fresh Veggies  
Fruit and Milk

Thursday, July 24

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Lunch**

Chicken Stix with Roll  
PB & J Sandwich  
Sides:  
Golden Corn/ Fresh Veggies  
Fruit and Milk

Friday, July 25

**Breakfast**

4oz Yogurt with Granola  
Juice and Milk

**Lunch**

Cheeseburger on a Roll  
PB & J Sandwich  
Sides:  
Zesty Baked Beans /Fresh Veggies  
Fruit and Milk



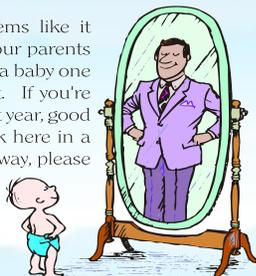
**NUTRITION TO GO**

Fresh fruit can deliver many health benefits. That's why experts recommend that we eat as many as four servings of fruit a day. Nonetheless, the average American eats less than two servings — and one study found that, on any given day, half of all Americans eat no fruit at all.

**A TASTY MORSEL FOR PARENTS**

**Try not to grow up too fast on us.**

The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!



Monday, July 28

**Breakfast**

Cereal with Grahams,  
Juice and Milk

**Lunch**

Turkey and Cheese Croissant  
PB & J Sandwich  
Sides:  
Mixed Vegetables/ Fresh Veggies  
Fruit Ice and Milk

Tuesday, July 29

**Breakfast**

Cereal Bar  
Juice and Milk

**Lunch**

Grilled Chicken Sandwich  
PB & J Sandwich  
Sides:  
Baked Emoji Potatoes / Fresh Veggies  
Fruit and Milk

Wednesday, July 30

**Breakfast**

Chocolate Chip Muffin with Grahams, Juice and Milk

**Lunch**

Hot Dog on a Roll  
PB & J Sandwich  
Side:  
Zesty Baked Beans / Fresh Veggies  
Fruit and Milk

Thursday, July 31

**Breakfast**

4oz Yogurt with Granola  
Juice and Milk

**Lunch**

Deli Sandwich  
PB & J Sandwich  
with Bagged Snack  
Sides: Cooks Choice of Vegetable  
Fruit and Milk

Friday, Aug 1

**Breakfast**

Cereal with Grahams  
Juice and Milk

**Last Summer Lunch**

Pizzeria Style Pizza  
Sides:  
Cooks Choice of Vegetables  
Fruit and Milk