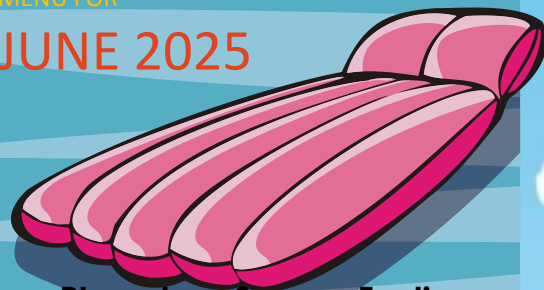


JUNE 2025



Bloomsburg Summer Feeding

This institution is an equal opportunity provider and employer.

Monday, June 9

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 or 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 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



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