

# Menus for November 2025

## Bloomsburg Elementary Schools

USDA is an equal opportunity provider and employer. Menus are subject to change.

**Monday, November 3**

### Breakfast

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

### Lunch

Chicken Nuggets with Roll  
Hamburger on a Roll  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Cooked Carrots /Fresh Veggies  
Fruit and Milk

**Tuesday, November 4**

### Breakfast

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

### Taco Tuesday Lunch

Beef and Cheese Soft Shell Taco  
Beef and Cheese with Taco Chips  
Chef Salad with Round Roll  
PB & J Uncrustable  
Sides:  
Golden Corn / Lettuce and  
Tomato / Salsa  
Fruit Ice and Milk

**Wed., November 5**

### Breakfast

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

### Lunch

Oven Baked Chicken with Roll  
Deli Hoagie  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Scalloped Potatoes / Fresh  
Veggies  
Fruit and Milk

**Thursday, November 6**

### Breakfast

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

### Breakfast for Lunch

2 Pancakes with Sausage and  
Syrup  
Egg, Ham and Cheese Bagel  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Tater Tots/ Bean Salad  
Fruit Juice and Milk

**Friday, November 7**

### Breakfast

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

### Lunch

Stuffed Crust Pizza Sticks with  
Sauce  
Yogurt Cup with Graham  
Crackers  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Tossed Salad /Fresh Veggies  
Fruit and Milk

**Monday, November 10**

### Breakfast

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

### Lunch

3 Pierogis with Roll  
Cheese Steak Hoagie  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Zesty Baked Beans /Fresh  
Veggies  
Fruit and Milk

**Tuesday, November 11**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or 4oz Yogurt with Granola

### Veteran's Day Lunch

Lasagna Roll up with Sauce and  
Garlic Bread Stick  
Pulled Pork BBQ on Roll  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides: Mixed Vegetables / Fresh  
Veggies  
Fruit Ice and Milk

**Wed., November 12**

### Breakfast

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

### Lunch

Popcorn Chicken Bowl with roll  
Fish Sandwich  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Golden Corn  
Fruit Juice and Milk

**Thursday, November 13**

### Breakfast

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

### Lunch

Toasted Cheese Sandwich  
Sloppy Joe on a Roll  
Chef Salad with Round Roll  
PB & J Sandwich  
Chef Salad and Roll  
Sides: Tomato Soup and  
Crackers Fresh Veggies  
Fruit and Milk

**Friday, November 14**


### Breakfast

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

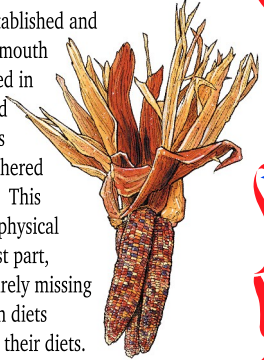
### Lunch

Cheesy Pizza  
Turkey and Cheese Croissant  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Steamed Peas/ Fresh Veggies  
Fruit and Milk

## OUR NATION'S HISTORY



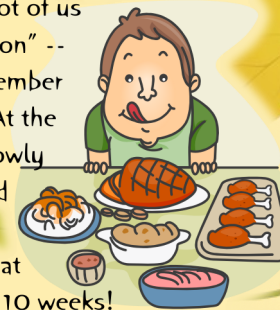
In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



## WITH LIBERTY & JUSTICE FOR ALL

## Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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





Until about 1,000 years ago, English-speaking people thought of the year in two parts — the warm half and the cold half. The word “winter,” is 5,000 years old, and “summer” is a pretty old word, too. The word “spring” was in general use by the 1400’s, and “autumn” is a Latin word that also entered English around 1400. “Fall” came into use as a complement to “spring” in the 17th century — just as North America was being settled by the British. The English-speaking people in England mostly stuck with “autumn” while their distant cousins preferred “fall.” And that’s why, to this day, this is the only season we have two words for!




**Monday, November 17**

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

**Lunch**  
5 Corn Dog Nuggets  
Grilled Chicken Sandwich  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Baked French Fries /Fresh Veggies  
Fruit and Milk

**Tuesday, November 18**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Cinnamon Roll

**Lunch**  
Chicken Parmesan with Side of Pasta and Garlic Bread  
Hamburger on a Roll  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Cesar Salad / Bean Salad  
Fruit and Milk

**Wed., November 19**

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

**Lunch**  
Meatball Hoagie  
Hot Dog on a Roll  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Steamed Broccoli /Fresh Veggies  
Fruit and Milk

**Thursday, November 20**

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

**Holiday Lunch**  
Roast Turkey and Dressing  
Chef Salad with Dinner Roll  
PB & J Uncrustable  
Sides:  
Creamy Mashed Potatoes  
**Pumpkin Dessert!**  
Fruit and Milk

**Friday, November 21**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Maple Waffle

**Lunch**  
French Bread Pizza  
Bloom Lunchable  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Mixed Vegetables / Fresh Veggies  
Fruit and Milk

**Monday, November 24**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or 4oz Yogurt with Granola

**Lunch**  
Chicken Tenders with Roll  
Sloppy Joe on a Bun  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Zesty Baked Beans /Fresh Veggies  
Fruit and Milk

**Tuesday, November 25**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Bagel with Cream Cheese

**Lunch**  
Pasta with Meat sauce and Garlic Bread  
Turkey and Cheese Croissant  
Chef Salad with Round Roll  
PB & J Sandwich  
Sides:  
Cesar Salad / Fresh Veggie  
Fruit and Milk

**Wed., November 26**

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

**Early Dismissal Brunch for Lunch**  
French Toast Sticks with Sausage  
Egg, Ham and Cheese Muffin  
Chef Salad with Round Roll  
PB & J Uncrustable  
Sides:  
Cooked Carrots / Fresh Veggies  
Fruit and Milk

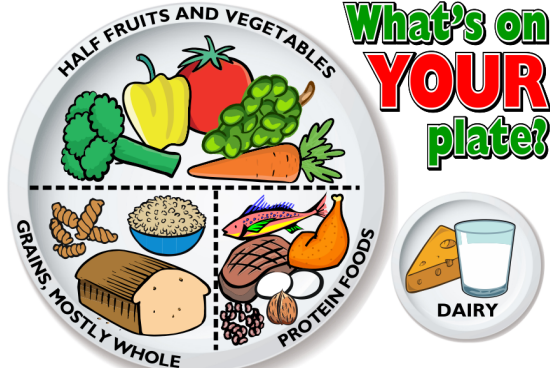
**Thanks giving**

**ENJOY YOUR HOLIDAY!**


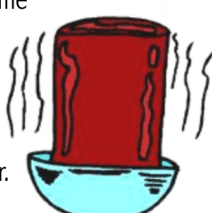
**SEE YOU TUESDAY!**

## Default fruit.

**What's on YOUR plate?**



There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has “berry” right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!

**TIP: Search for “Cranberry Sauce Recipe” and make your own this year. It's quick and simple and much healthier!**

**Yellow Watermelon?!!**

How about purple carrots?  
White Asparagus? Pink bananas?  
Blue corn?  
Black tomatoes?!!!  
Lots of fruits and veggies come in colors you might not be used to.  
But they're still delicious and good for you!

