

Menus for November 2025

Bloomsburg Secondary 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, Bagels,
French Toast Sticks

Lunch

Chicken Nuggets and Roll
Pulled Pork BBQ on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Broccoli and Cheese / Fresh
Veggies
Fruit and Milk

Tuesday, November 4

Breakfast

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

Taco Tuesday Lunch

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

Wed., November 5

Breakfast

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

Lunch

Popcorn Chicken Mashed Potato
Bowl with Roll
Turkey and Cheese Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Golden Corn / Fresh Veggies
Fruit and Milk

Thursday, November 6

Breakfast

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

Lunch

Pasta with Meatballs and Garlic
Bread
Spicy Chicken Patty Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Caesar Salad / Fresh Veggies
Fruit and Milk

Friday, November 7

Breakfast

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

Lunch

Pizza Quesadillas with Salsa and
Sour Cream
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Mixed Vegetables / Fresh
Veggies / Fruit and Milk

Monday, November 10

Breakfast

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

Lunch

Cheese Lasagna Roll Up with
Garlic Bread
Kielbasa on Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Golden Corn / Sauerkraut / Fresh
Veggies

Tuesday, November 11

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage Gravy over Biscuit

Veteran's Day Lunch

Oven Baked Parmesan Chicken
Breast on a Roll
Ham and Cheese on Pretzel Roll
Salad Bar / Deli Hoagie / Wrap
Sides:
Scalloped Potatoes/ Fresh
Veggies
Fruit and Milk

Wed., November 12

Breakfast

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

Lunch

Toasted Cheese Sandwich
Sloppy Joe on a Bun
Tomato Soup & Crackers
PB & J Sandwich / Salad Bar /
Deli Hoagie / Wrap
Sides: Zesty Baked Beans / Fresh
Veggies
Fruit and Milk

Thursday, November 13

Breakfast

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

Chef Visit at MS Lunch Japanese Inspired Teriyaki Chicken over Asian Noodles

Turkey and Cheese on Croissant
PB & J Sandwich / Salad Bar /
Deli Hoagie / Wrap
Sides: **Stir Fried**
Vegetables / Fresh Veggies
Fruit and Milk

Friday, November 14


Breakfast

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

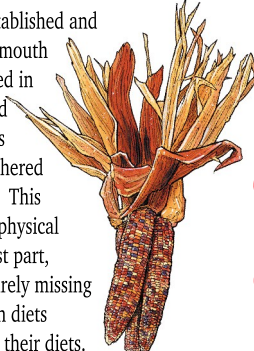
Lunch

Cheese Calzone with Sauce
Hamburger on a Bun
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Baked Curly French Fries / Fresh
Veggies
Fruit and Milk

OUR NATION'S HISTORY



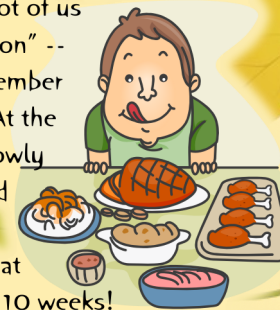
In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they 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!

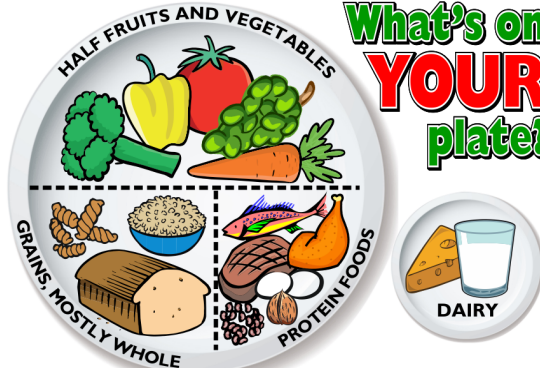



Monday, November 17 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Breakfast Pizza Lunch Chicken Tenders with Roll Pulled Pork BBQ on a Roll PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Baked Emoji Potatoes / Fresh Veggies Fruit and Milk	Tuesday, November 18 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Sausage and Cheese Muffin Lunch Chicken Parmesan with Side on Pasta and Garlic bread Ham and Cheese Panini PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Cesar Salad / Fresh Veggies Fruit and Milk	Wed., November 19 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Funnel Cake Lunch Creamy Macaroni and Cheese with Roll Meatball Hoagie PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Steamed Broccoli / Fresh Veggies Fruit and Milk	Thursday, November 20 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Cinnamon Roll Holiday Lunch Roast Turkey and Dressing PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Creamy Mashed Potatoes Pumpkin Dessert Fruit and Milk	Friday, November 21 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, 2 Pancakes and Syrup Lunch Meat lovers Pizza Fish Sandwich PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Zesty Baked Beans / Fresh Veggies Fruit and Milk
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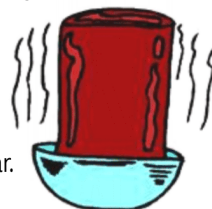
Monday, November 24 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Pizza Bagel Lunch Salisbury Steak with Egg Noodles and Roll Spicy Grilled Chicken Sandwich PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Cooked Carrots / Fresh Veggies Fruit and Milk	Tuesday, November 25 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Sausage Gravy over Biscuit Lunch Pasta with Meat Sauce and Garlic bread Turkey and Cheese Croissant PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Cesar Salad / Fresh Veggies Fruit and Milk	Wed., November 26 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Cereal Bar Early Dismissal Brunch for Lunch 3 French Toast Sticks / 2 Sausage Egg, Ham and Cheese Muffin PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Tater Tots / Fresh Veggies Fruit and Milk
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Default fruit.



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!