

Bloomsburg Summer Feeding

This institution is an equal opportunity provider and employer.

Monday, June 15
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 16
Breakfast
 Maple 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 17
Breakfast
 Cereal with Grahams
 Juice and Milk
Lunch
 Turkey and Cheese Croissant
 with Bagged Snack
 PB & J Sandwich
 Sides: Garbanzo Bean Salad /
 Fresh Veggies
 Fruit and Milk

Thursday, June 18
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 19
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 22
Breakfast
 Cereal Bar
 Juice and Milk
Lunch
 Corn Dog Nuggets with Roll
 PB & J Sandwich
 Sides:
 Baked French Fries /Fresh
 Veggies
 Fruit Ice

Tuesday, June 23
Breakfast
 Cereal with Grahams
 Juice and Milk
Lunch
 Grilled Chicken Wrap
 PB & J Sandwich
 Sides:
 Mixed Vegetables / Fresh
 Veggies
 Fruit and Milk

Wednesday, June 24
Breakfast
 Blueberry Muffin with
 Grahams /Juice and Milk
Lunch
 Deli Hoagie
 with Bagged Snack
 Sides: Lettuce & Tomato /
 Fresh Veggies
 Fruit and Milk

Thursday, June 25
Breakfast
 Cereal with Grahams
 Juice and Milk
Lunch
 Hot Dog on a Roll
 PB & J Sandwich
 Sides:
 Zesty Baked Beans/
 Fresh Veggies
 Fruit and Milk

Friday, June 26
Breakfast
 Maple Waffle
 Juice and Milk
Lunch
 Pizzeria Style Pizza
 PB & J Sandwich
 Sides:
 Green Beans / Fresh Veggies
 Fruit and Milk

Monday, June 29
Breakfast
 Cereal with Grahams
 Juice and Milk
Lunch
 Ham and Cheese on a Pretzel
 Roll
 PB & J Sandwich
 Sides:
 Golden Corn /Fresh Veggies
 Fruit and Milk

Tuesday, June 30
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 1
Breakfast
 Cereal with Grahams
 Juice and Milk
Lunch
 Deli Turkey and Cheese Hoagie
 with Bagged Snack
 PB & J Sandwich
 Sides: Lettuce & Tomato /
 Fresh Veggies
 Fruit and Milk

Thursday, July 2
Breakfast
 Cereal Bar
 Juice and Milk
Lunch
 Chicken Stix with Roll
 PB & J Sandwich
 Sides:
 Baked French Fries
 Garbanzo Bean Salad
 Fruit and Milk

Friday, July 3
All District Buildings Closed for Holiday!

Monday, July 6
Breakfast
 4oz Yogurt with Granola
 Juice and Milk
Lunch
 Chicken BBQ Sandwich
 PB & J Sandwich
 Sides:
 Emoji Potatoes/ Fresh Veggies
 Fruit and Milk

Tuesday, July 7
Breakfast
 Cereal with Grahams,
 Juice and Milk
Lunch
 Hotdog on a Roll
 PB & J Sandwich
 Sides:
 Zesty Baked Beans /Fresh
 Veggies
 Fruit and Milk

Wednesday, July 8
Breakfast
 Maple Waffle
 Juice and Milk
Lunch
 Deli Hoagie
 PB & J Sandwich
 Bagged Snack
 Sides:Lettuce and Tomato /
 Fresh Veggies
 Fruit Ice and Milk

Thursday, July 9
Breakfast
 Cereal with Grahams,
 Juice and Milk
Lunch
 Chicken Patty Sandwich
 PB & J Sandwich
 Sides:
 Mixed Vegetables /Fresh Veggies
 Fruit and Milk

Friday, July 10
Breakfast
 Cereal Bar
 Juice and Milk
Lunch
 Stuffed Crust Pizza Sticks with
 Sauce
 PB & J Sandwich
 Sides:
 Tossed Salad /Fresh Veggies
 Fruit and Milk



What's on YOUR plate?

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 13

Breakfast

Cereal with Grahams
Juice and Milk

Lunch

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

Tuesday, July 14

Breakfast

Blueberry Waffle
Juice and Milk

Taco Tuesday Lunch

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

Wednesday, July 15

Breakfast

Cereal with Grahams
Juice and Milk

Lunch

Deli Turkey and Cheese Hoagie
with Bagged Snack
PB & J Sandwich
Sides:
Garbanzo Bean Salad /Fresh
Veggies
Fruit and Milk

Thursday, July 16

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 and Milk

Friday, July 17

Breakfast

Cereal with Grahams
Juice and Milk

Lunch

Pizzeria Style Pizza
PB & J Sandwich
Sides:
Tossed Salad
Fresh Veggies
Fruit and 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 20

Breakfast

Cereal Bar
Juice and Milk

Lunch

Corn Dog Nuggets with Roll
PB & J Sandwich
Sides:
Emoji Potatoes /
Fresh Veggies
Fruit Ice and Milk

Tuesday, July 21

Breakfast

Cereal with Grahams
Juice and Milk

Lunch

Ham and Cheese Petzel Roll
PB & J Sandwich
Sides:
Mixed Vegetables
Fresh Veggies
Fruit and Milk

Wednesday, July 22

Breakfast

Chocolate Chip Muffin with
Grahams / Juice and Milk

Lunch

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

Thursday, July 23

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, July 24

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, July 27

Breakfast

Cereal with Grahams
Juice and Milk

Lunch

Chicken Sticks with Roll
PB & J Sandwich
Sides:
Baked French Fries
Fresh Veggies
Fruit and Milk

Tuesday, July 28

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 29

Breakfast

Cereal Bar
Juice and Milk

Lunch

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

Thursday, July 30

Breakfast

Cereal with Grahams
Juice and Milk

Lunch

Deli Hoagie
PB & J Sandwich
Sides:
Cooks Choice of Vegetables
Fresh Veggies
Fruit and Milk

Friday, July 31

Breakfast

4oz Yogurt with Granola
Juice and Milk

Last Summer Lunch

Pizzeria Style Pizza
Sides:
Cooks Choice of Vegetables
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