

MENUS FOR OCTOBER 2026



Bloomsburg Elementary Schools

This institution is an equal opportunity provider. Menus are subject to change.

Thursday, October 1

Bloomsburg Fair Week

No School!

Friday, October 2

Bloomsburg Fair Week

No School!



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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

Monday, October 5

Breakfast

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

Lunch

Chicken Nuggets with Roll
Turkey and Cheese on Croissant
Chef Salad with Round Roll
PB & J Uncrustable
Sides:
Mixed Vegetables/ Fresh Veggies
Fruit and Milk

Tuesday, October 6

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 Sandwich
Sides:
Corn / Salsa
Lettuce and Tomato
Fruit Ice and Milk

Wednesday, October 7

Breakfast

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

Apple Crunch Lunch

Lasagna Roll up with Sauce and
Garlic Bread Stick
Hot Dog on Wheat Roll
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Caesar Salad/ Fresh Veggies
Fresh Local Apples and Milk

Thursday, October 8

Breakfast

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

Brunch for Lunch

3 French Toast Sticks / Sausage
Egg, Ham and Cheese Bagel
Chef Salad with Round Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots/ Bean Salad
Fruit Juice and Milk

Friday, October 9

Breakfast

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

Lunch

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



Monday, October 12

Act 80 Day

No School!

Tuesday, October 13

Breakfast

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

Lunch

Chicken Sticks with Pretzel
Sloppy Joe on a Bun
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Baked Beans / Fresh Veggies
Soft Pretzel
Fruit and Milk

Wednesday, October 14

Breakfast

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

Lunch

Creamy Macaroni and Cheese
with Roll
Deli Hoagie
Chef Salad with Round Roll
PB & J Sandwich
Sides: Steamed Broccoli / Fresh
Veggies
Baked Fruit Crisp and Milk

Thursday, October 15

Breakfast

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

Lunch

Popcorn Chicken Bowl with Roll
Fish Sandwich
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Corn / Fresh Veggies
Fruit and Milk

Friday, October 16

Breakfast

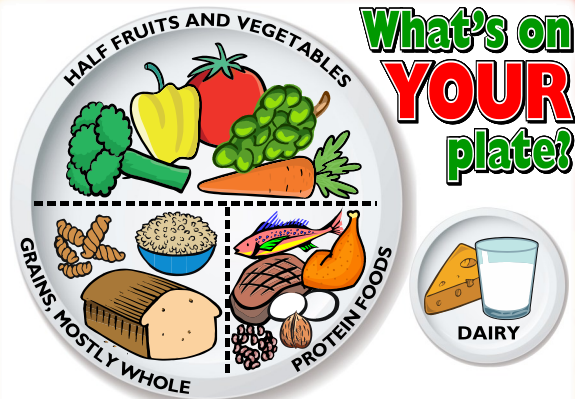
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Dutch Waffle

Lunch

Pizzeria Style Pizza
Bloom Lunchable
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Green Beans / Fresh Veggies
Fruit Ice and Milk

**YOU'RE
GOOD** 

**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**



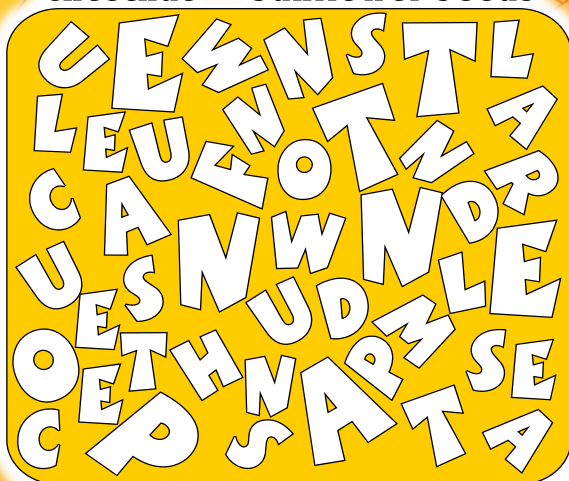
**What's on
YOUR
plate?**



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER:

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, October 19

Breakfast

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

Lunch

Mini Corn Dog Nuggets
Sloppy Joe on a Bun
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Emoji Potatoes /Garbanzo
Beans
Fruit and Milk

Tuesday, October 20

Breakfast

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

Lunch

Meatball Hoagie
Chicken Patty Sandwich
Chef Salad with Round Roll
PB & J Sandwich
Sides: Mixed Vegetables/ Fresh
Veggies
Fruit and Milk

Wednesday, October 21

Breakfast

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

PA Harvest Day!

Davis Grown Roast Beef over
Noodles
Turkey and Cheese Croissant
Chef Salad with Round Roll
PB & J Sandwich
Sides: PA Oven Rosted Red
Potatoes / Fresh Veggies /
Fruit and Milk

Thursday, October 22

Breakfast

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

Lunch

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

Friday, October 23

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or New Pancake Puffs

Panther Pride Lunch

French Bread Pizza
Fish Sandwich
Chef Salad with Round Roll
PB & J Sandwich
Sides: Tossed Salad /
Fresh Veggies
Fruit and Milk

Monday, October 26

Parent Teacher Conferences

No School!

Tuesday, October 27

Breakfast

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

Lunch

Chicken Tenders with Roll
Deli Hoagie
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Zesty Baked Beans / Fresh
Veggies
Fruit and Milk

Wednesday, October 28

Breakfast

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

Lunch

Pasta with Meat Sauce and
Garlic Bread Stick
Hot Dog on a Roll
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Caesar Salad / Fresh Veggies
Fruit and Milk

Thursday, October 29

Breakfast

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

Lunch

Salisbury Steak with a Roll
BBQ Grilled Chicken Sandwich
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Creamy Mashed Potatoes/ Fresh
Veggies
Fruit and Milk

Friday, October 30

Breakfast

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

Fall Fun Lunch

Dutch Waffle with Sausage
Yogurt & Granola with Graham
Crackers
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Candied Carrots / Fresh Veggies
Orange Cream EEEK Fruit Ice!



Since 1950, hundreds of millions of American kids and adults have taken part in "Trick or Treat for UNICEF", raising over \$175 million dollars to help save and improve the lives of children all over the world.

