

MENUS FOR OCTOBER 2026



Bloomsburg Secondary 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, Bagels,
Pizza Bagel

Lunch

Chicken Nuggets with Roll
Turkey Melt on a Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Baked French Fries/ Fresh Veggies
Fruit and Milk

Tuesday, October 6

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage 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/ Refried Beans,
Salsa/ Lettuce and Tomato
Fruit and Milk

Wednesday, October 7

Breakfast

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

Apple Crunch Lunch

Lasagna Roll up with Sauce and
Garlic Bread Stick
Cheese Steak Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Steamed Broccoli / Fresh
Veggies
PA Fresh Apples and Milk

Thursday, October 8

Breakfast

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

Yogurt Smoothie with Granola

Brunch for Lunch

3 French Toast Sticks / 2
Sausage
Ham, Egg and Cheese Muffin
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Tater Tots / Fresh Veggies
Fruit and Milk

Friday, October 9

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Pancake Puffs

Lunch

Stuffed Crust Pizza Sticks with
Sauce
Sloppy Joe on Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
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, Bagels,
Breakfast Pizza

Lunch

Pasta with Meat Sauce
and Garlic Bread
Spicy Chicken Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Caesar Salad / Bean Salad
Fruit and Milk

Wednesday, October 14

Breakfast

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

Lunch

General Tso Chicken over Rice
Ham and Cheese Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Steamed Broccoli / Fresh
Veggies
Fruit and Milk

Thursday, October 15

Breakfast

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

Yogurt Smoothie with Granola

Lunch

Turkey and Waffles
Gr. Chicken and Cheese Wrap
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Creamy Mashed
Potatoes / Fresh Veggies
Fruit and Milk

Friday, October 16

Breakfast

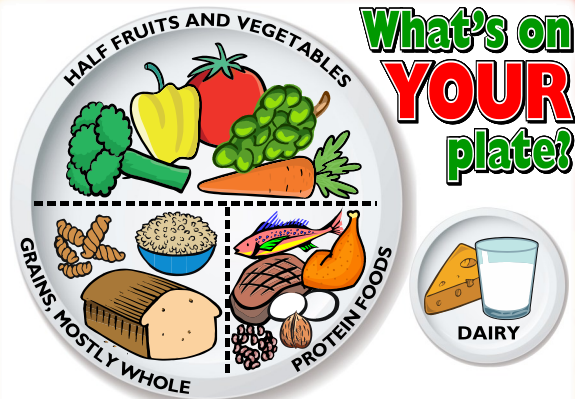
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Dutch Waffle

Lunch

Creamy Macaroni and Cheese
with a Roll
BBQ Rib Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Mixed Vegetables /
Fresh Veggies/
Baked Fruit Crisp and Milk

YOU'RE GOOD 

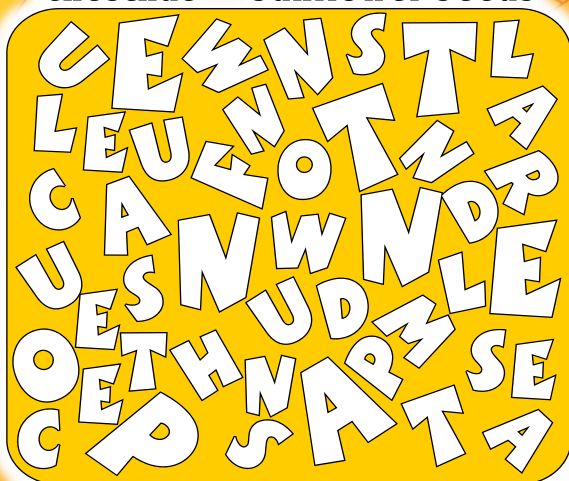
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG



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 Egg and Cheese Muffin

Lunch

Chicken Sticks with Pretzel
Pulled Pork Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Emoji Potatoes / Fresh Veggies

Soft Pretzel

Fruit and Milk

Tuesday, October 20

Breakfast

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

Lunch

Nachos with Chili and Cheese
and Corn Bread
Turkey and Cheese Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Corn / Lettuce and
Tomato / Salsa / Fresh Veggies
Fruit and Milk

Wednesday, October 21

Breakfast

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

PA Harvest Lunch

Davis Grown Roast Beef over
Noodles and Roll
Grilled Chicken Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
PA Roasted Red Potatoes /
Fresh Veggies
Fruit and Milk

Thursday, October 22

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage and Cheese Bagel
Yogurt Smoothie with Granola

Lunch

Popcorn Chicken Bowl with Roll
Cheesburger on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Golden Corn/ Fresh Veggies
Fruit and Milk

Friday, October 23

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Pancake Puffs

MS Dominos Lunch

Meat Lovers Pizza
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Zesty Baked Beans/ 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, Bagels,
Breakfast Pizza

Lunch

Chicken Parmesan and Side of
Pasta w/ Garlic Bread
Ham and Cheese Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Caesar Salad / Fresh
Veggies
Fruit and Milk

Wednesday, October 28

Breakfast

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

Lunch

Teriyaki Chicken with Asian
Noodles
BBQ Rib Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Steamed Broccoli / Fresh
Veggies
Fruit and Milk

Thursday, October 29

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks
Yogurt Smoothie with Granola

Lunch

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

Friday, October 30

Breakfast

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

HS Dominos Lunch

Cheese Calzone with Sauce
Hamburger on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Baked Tater Tots / Fresh
Veggies
Orange Cream EEEK ice!
and Milk



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.

