Bloomsburg Elementary Schools

Menus for NOVEMBER 2026

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

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

Monday, November 2

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Blueberry Muffin with Toast
Lunch
Chicken Nuggets with Roll
Pulled Pork BBQ on a Roll
Chef Salad with Roll
PB & J Sandwich
Sides:
Cooked Carrots /Fresh Veggies
Fruit and Milk

Tuesday, November 3

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Bagel
Taco Tuesday Lunch
Beef and Cheese Soft Shell Taco
Beef and Cheese with Taco Chips
Chef Salad with Roll
PB & J Uncrustable
Sides:
Golden Corn / Lettuce and Tomato / Salsa
Fruit Ice and Milk

Wed., November 4

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese Muffin
Lunch
Cheese Lasagna and Garlic Bread Stick
Deli Hoagie
Chef Salad with Roll
PB & J Sandwich
Sides:
Cesar Salad / Fresh Veggies
Fruit and Milk

Thursday, November 5

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll
Brunch for Lunch
French Toast Sticks with Sauage Egg, Ham and Cheese Bagel
Chef Salad with Roll
PB & J Sandwich
Sides:
Tater Tots/ Bean Salad
Fruit Juice and Milk

Friday, November 6

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Pancake Puffs
Lunch
Stuffed Crust Pizza Sticks with Sauce
Yogurt Cup with Graham Crackers
Chef Salad with Round Roll
PB & J Sandwich
Sides:
Mixed Vegetables /Fresh Veggies
Fruit and Milk

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!

Monday, November 9

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Maple Waffle
Lunch
3 Pierogis with Roll
Cheesesteak Hoagie
Chef Salad with Roll
PB & J Sandwich
Sides:
Zesty Baked Beans /Fresh Veggies
Fruit Ice and Milk

Tuesday, November 10

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or 4oz Yogurt with Granola
Lunch
Pasta with Meat Sauce and Garlic Bread Stick
Pulled Chicken BBQ Sandwich
Chef Salad with Roll
PB & J Sandwich
Sides: Caesar Salad / Fresh Veggies
Fruit and Milk

Wed., November 11

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 Roll
PB & J Sandwich
Sides:
Golden Corn
Fruit Juice and Milk

Thursday, November 12

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 Roll
PB & J Sandwich
Chef Salad and Roll
Sides: Tomato Soup and Crackers / Fresh Veggies
Fruit and Milk

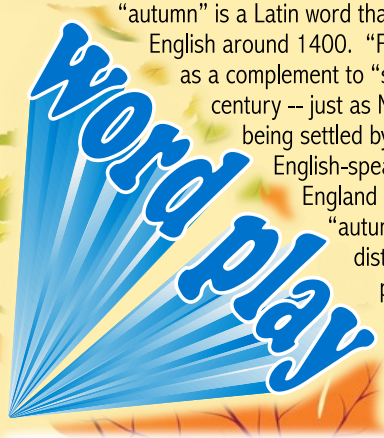
Friday, November 13

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cereal Bar
Lunch
Cheesy Pizza
Turkey and Cheese Croissant
Chef Salad with Roll
PB & J Sandwich
Sides:
Steamed Peas/ Fresh Veggies
Fruit and Milk





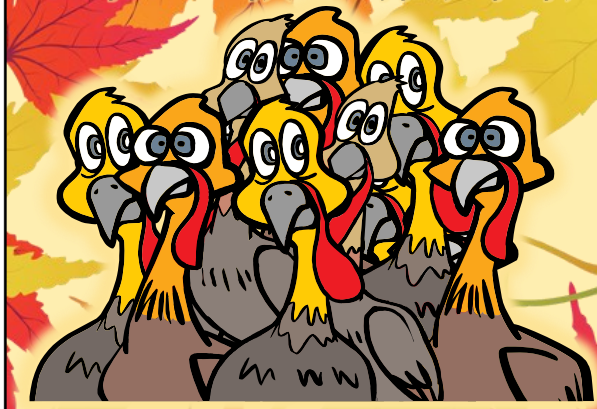
Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English 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 16	Tuesday, November 17	Wed., November 18	Thursday, November 19	Friday, November 20
Breakfast Choice of Juice, Fruit and Milk Cold Cereal with Toast or French Toast Sticks **Lunch** 5 Corn Dog Nuggets Chicken and Cheese Wrap Chef Salad with Roll PB & J Sandwich Sides: Baked French Fries /Bean Salad Fruit and Milk	**Breakfast** Choice of Juice, Fruit and Milk Cold Cereal with Toast or Cinnamon Roll **Lunch** Chicken Parmesan with Side of Pasta and Garlic Bread Ham and Cheese Pretzel Roll Chef Salad with Roll PB & J Sandwich Sides: Caesar Salad / Fresh Veggies Fruit and Milk	**Breakfast** Choice of Juice, Fruit and Milk Cold Cereal with Toast or Egg and Cheese Muffin **Lunch** Meatball Hoagie Cheeseburger on a Bun Chef Salad with Roll PB & J Sandwich Sides: Golden Corn /Fresh Veggies Fruit and Milk	**Breakfast** Choice of Juice, Fruit and Milk Cold Cereal with Toast or Breakfast Pizza **Holiday Lunch** Roast Turkey and Dressing Chef Salad with Roll PB & J Uncrustable Sides: Creamy Mashed Potatoes **Pumpkin Dessert!** Fruit and Milk	**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 23	**Tuesday, November 24**	**Tuesday, November 25**		
Breakfast Choice of Juice, Fruit and Milk Cold Cereal with Toast or 4oz Yogurt with Granola **Lunch** Chicken Tenders with Roll Pulled Pork BBQ on a Bun Chef Salad with Round Roll PB & J Sandwich Sides: Zesty Baked Beans /Fresh Veggies Fruit and Milk	**Breakfast** Choice of Juice, Fruit and Milk Cold Cereal with Toast or Bagel with Cream Cheese **Lunch** Creamy Macaroni and Cheese with Roll Deli Hoagie Chef Salad with Round Roll PB & J Sandwich Sides: Steamed Broccoli / Fresh Veggies Fruit and Milk	**Breakfast** Choice of Juice, Fruit and Milk Cold Cereal with Toast or Cereal Bar **Early Dismissal** **Breakfast for Lunch** 2 Pancakes with Sausage Egg, Ham and Cheese Muffin Chef Salad with Round Roll PB & J Uncrustable Sides: Cooked Carrots / Fresh Veggies Fruit Juice and Milk		

Happy Thanksgiving!

See you Tuesday, (Some of you, anyway!)



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!