

Menus for November 2026

Bloomsburg Secondary Schools

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 2

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:
Steamed Broccoli / Fresh Veggies
Fruit and Milk

Tuesday, November 3

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/ Refried
Beans/ Salsa/ Lettuce and Tomato
Fruit and Milk

Wed., November 4

Breakfast

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

Lunch

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

Thursday, November 5

Breakfast

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

Yogurt Smoothies with Granola

Brunch Lunch

3 French Toast Sticks and 2
Sausage Links
Ham, Egg and Cheese Bagel
Salad Bar / Deli Hoagie / Wrap
Sides:
Diced Potatoes/ Fresh Veggies
Fruit and Milk

Friday, November 6

Breakfast

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

Lunch

Stuffed Crust Pizza Sticks with
Sauce
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Mixed Vegetables / Fresh
Veggies / Fruit and Milk

Monday, November 9

Breakfast

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

Pretzel Lunch

Chicken Sticks with Pretzel
Hamburger/ Cheeseburger
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Emoji Potatoes/ Fresh Veggies
Fruit and Milk

Tuesday, November 10

Breakfast

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

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

Wed., November 11

Breakfast

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

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 12

Breakfast

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

Yogurt Smoothies with Granola

Lunch

Asian 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 13

Breakfast

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

Lunch

Pizza Quesadilla with Salsa and
Sour Cream
Hamburger on a Bun
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Mixed Vegetables / 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.

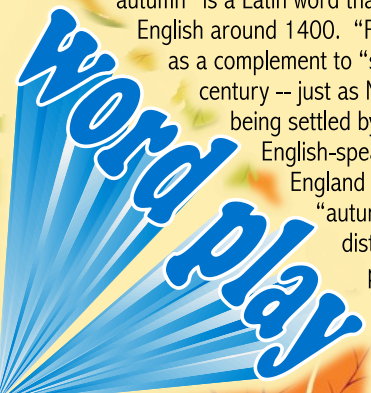
Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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!

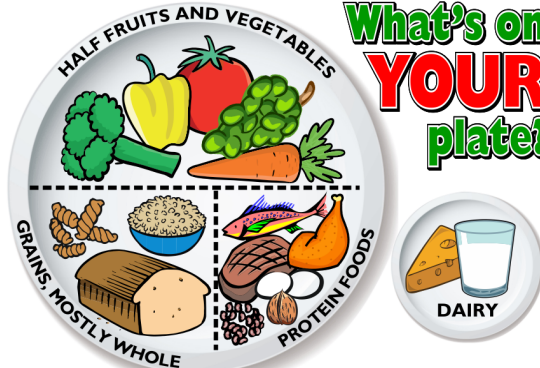



Monday, November 16 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Breakfast Pizza Lunch Corn Dog Nuggets with Roll Pulled Pork BBQ on a Roll PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Baked Emoji Potatoes / Fresh Veggies Fruit and Milk	Tuesday, November 17 Breakfast Choice 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 18 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Cinnamon Roll 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 19 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Pancake Puffs Yogurt Smoothies with Granola 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 20 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 23 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Pizza Bagel Lunch Salisbury Steak with Noodles and Roll Spicy Chicken Sandwich PB & J Sandwich Salad Bar / Deli Hoagie / Wrap Sides: Cooked Carrots / Fresh Veggies Fruit and Milk	Tuesday, November 24 Breakfast Choice of Juice, Fruit and Milk Cold Cereal, Bagels, Sausage and Cheese Bagle 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 25 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: Diced Potatoes / Fresh Veggies
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Default fruit.



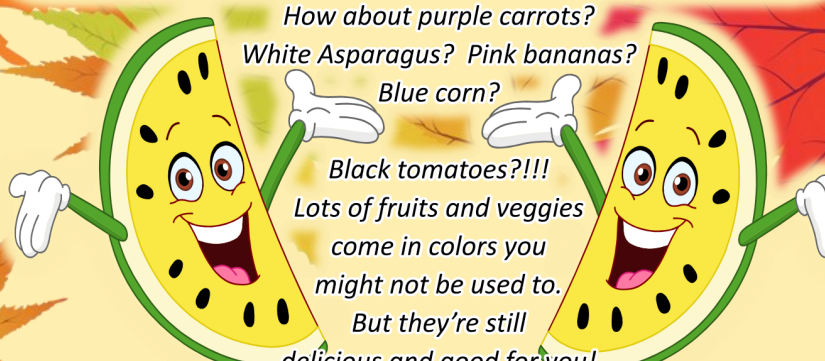
What's on YOUR plate?

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!