

# SEPTEMBER 2022

## BLUE MOUNTAIN UNION SCHOOL

All Student Meals are Free  
 Adult Breakfast: \$ 4.00  
 Adult Lunch: \$5.50

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**

**Mac and Cheese**

**6**

**Fresh Pizza**

**7**

**Brunch for Lunch**

**1**

**BBQ Pulled Pork Sandwich**

**2**

**Or Impossible Burger**

Baked Beans  
 Cole Slaw

Fresh Fruit & Salad Bar

Pancakes  
 Scrambled Eggs  
 Sausage  
 Roasted Home fries  
 Fresh Fruit & Salad Bar

Sweet Peas  
 Bread Roll  
 Fresh Fruit & Salad Bar

Pepperoni or Cheese  
 Strawberry Spinach Salad  
 Fresh Fruit & Salad Bar

**Shepherd's Pie or**

**8**

**Generals Chicken**

**9**

**or Tofu w/ Broccoli**  
 Fried Rice  
 Spring Rolls  
 Fresh Fruit & Salad Bar

**Vegetable Shepherd's Pie**  
 Beef, Corn, Mashed Potato  
 Dinner Roll  
 Fresh Fruit & Salad Bar

**Beef or Bean Tacos**

**12**

**Pesto Penne**

**13**

**Fresh Pizza**

**14**

**Hot Dogs**

**15**

**Crispy Chicken Sandwich**

**16**

Corn  
 Cheddar Cheese  
 Rice, Salsa and Sour Cream  
 Fresh Fruit & Salad Bar

Grilled Chicken or Tofu  
 Parmesan Cheese  
 Roasted Zucchini  
 Garlic Knot  
 Fresh Fruit & Salad Bar

Pepperoni or Cheese  
 Caesar Salad with Croutons  
 Fresh Fruit & Salad Bar

**Or Impossible Burger**  
 Baked Beans  
 Potato Wedges  
 Fresh Fruit & Salad Bar

**On a Bun**  
 Roasted Green Beans  
 Fresh Fruit & Salad Bar

**100% Beef Burger**

**19**

**BMU Bowls**

**20**

**Fresh Pizza**

**21**

**Ham and Cheese**

**22**

**Ultimate Nachos**

**23**

**Or Impossible Burger**  
 Sweet Potato Wedges  
 Fresh Fruit & Salad Bar

Chicken Nuggets or  
 Morningstar Chick'n Tenders  
 Mashed Potato, Corn, Gravy  
 Fresh Fruit & Salad Bar

Pepperoni or Cheese  
 Strawberry Spinach Salad  
 Fresh Fruit & Salad Bar

**Or Veggie Hurdles**  
 Roasted Carrots  
 Fresh Fruit

Beef or Bean  
 Corn  
 Cheddar Cheese Sauce  
 Rice, Salsa and Sour Cream  
 Fresh Fruit & Salad Bar

**Brunch for Lunch**

**26**

**Spaghetti with**

**27**

**Fresh Pizza**

**28**

**Chicken Broccoli Alfredo**

**29**

**Traditional Grilled Cheese**

**30**

French Toast Sticks  
 Scrambled Eggs  
 Sausage  
 Roasted Home fries  
 Fresh Fruit & Salad Bar

**Meat Sauce or Marinara**  
 Sautéed Green Beans  
 Bread Roll  
 Fresh Fruit & Salad Bar

Pepperoni or Cheese  
 Caesar Salad with Croutons  
 Fresh Fruit & Salad Bar

**Or Broccoli Alfredo**  
 Garlic Knot  
 Fresh Fruit & Salad Bar

**Or Pesto Tomato Grilled Cheese**  
 Tomato Soup  
 Grilled Asparagus  
 Fresh Fruit & Salad Bar

**Breakfasts Available Everyday**

Choices Like:

Breakfast Sandwiches, Bagels, Cereal, Yogurt  
 with Granola, Muffins & Breakfast Breads  
 1% Milk, Skim Milk and 100% Juices

Please contact Paul Pellegrino with any  
 questions or comments.  
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