

NOVEMBER 2022

BLUE MOUNTAIN UNION SCHOOL

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

Monday
Tuesday
Wednesday
Thursday
Friday


HAPPY
THANKSGIVING

Spaghetti with **7**
Meat Sauce or Marinara
 Sautéed Green Beans
 Bread Roll
 Fresh Fruit & Salad Bar

100% Beef Burger **14**
Or Vegetarian Burger
 Sweet Potato Wedges
 Fresh Fruit & Salad Bar

Chicken Broccoli Alfredo **21**
Or Broccoli Alfredo
 Garlic Knot
 Fresh Fruit & Salad Bar

Brunch for Lunch **28**
 French Toast Sticks
 Scrambled Eggs
 Sausage
 Roasted Home fries
 Fresh Fruit & Salad Bar

Mac and Cheese **1**
 Roasted Broccoli
 Garlic Knot
 Fresh Fruit & Salad Bar

Chicken or Cheese **8**
Quesadillas
 Corn
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

Cheese Lasagna Rollup **15**
 Marinara Sauce
 Green Beans
 Garlic Knots
 Fresh Fruit & Salad Bar

Crispy Chicken Sandwich **22**
On a Bun
 Tater Tots
 Green Beans
 Fresh Fruit & Salad Bar

BMU Bowls **29**
 Chicken Nuggets
 Mashed Potato, Corn, Gravy
 Fresh Fruit & Salad Bar

Half Day **2**
Fresh Pizza
Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Fresh Pizza **9**
Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Fresh Pizza **16**
Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

NO SCHOOL **23**

Fresh Pizza **30**
Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Chicken & Biscuits **3**
 (Diced Chicken w/Gravy)
 Mashed Potato
 Peas
 Fresh Fruit & Salad Bar

Cheese Filled Breadsticks **10**
 with Marinara Dipping Sauce
 Roasted Carrots
 Fresh Fruit & Salad Bar

Thanksgiving Meal **17**
 Roasted Turkey
 Mashed Potato, Squash
 Dinner Roll
 Fresh Fruit & Salad Bar



Beef Broccoli **4**
Teriyaki
 Lo Mein
 Spring Rolls
 Fresh Fruit & Salad Bar

NO SCHOOL **11**

Ultimate Nachos **18**
 Beef or Bean
 Corn
 Cheddar Cheese Sauce
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

NO SCHOOL **25**



GIVE
THANKS

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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This Institution is an equal opportunity provider