

JANUARY 2023

BLUE MOUNTAIN UNION SCHOOL

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

Monday

100% Beef Burger 2
Or Vegetarian Burger
 Sautéed Green Beans
 Fresh Fruit & Salad Bar

Chicken Broccoli Alfredo 9
Or Broccoli Alfredo
 Garlic Knot
 Fresh Fruit & Salad Bar

NO SCHOOL 16

Cheese Lasagna Rollup 23
 Marinara Sauce
 Green Beans
 Garlic Knots
 Fresh Fruit & Salad Bar

100% Beef Burger 30
Or Vegetarian Burger
 Roasted Potato Wedges
 Fresh Fruit & Salad Bar

Tuesday

Brunch for Lunch 3
 Pancakes
 Scrambled Eggs
 Sausage
 Roasted Home fries
 Fresh Fruit & Salad Bar

Beef or Bean Tacos 10
 Corn
 Cheddar Cheese
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

Mac and Cheese 17
 Sweet Peas
 Bread Roll
 Fresh Fruit & Salad Bar

Brunch for Lunch 24
 French Toast Sticks
 Scrambled Eggs
 Sausage
 Roasted Home fries
 Fresh Fruit & Salad Bar

Chicken or Cheese 31
Quesadillas
 Corn
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

Wednesday

Fresh Pizza 4
Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Fresh Pizza 11
Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Fresh Pizza 18
Pepperoni or Cheese
 Caesar Salad
 Sweet Potato Wedges
 Fresh Fruit & Salad Bar

Fresh Pizza 25
Pepperoni or Cheese
 Caesar Salad
 Sweet Potato Wedges
 Fresh Fruit & Salad Bar

Thursday

Spaghetti with 5
Meat Sauce or Marinara
 Roasted Zucchini
 Bread Roll
 Fresh Fruit & Salad Bar

Hot Dogs 12
 Baked Beans
 Potato Wedges
 Roasted Carrots
 Fresh Fruit & Salad Bar

Shepherd's Pie or 19
Vegetable Shepherd's Pie
 Beef, Corn, Mashed Potato
 Dinner Roll
 Fresh Fruit & Salad Bar

Generals Chicken 26
w/ Broccoli
 Fried Rice
 Spring Rolls
 Fresh Fruit & Salad Bar

Friday

BMU Bowls 6
 Chicken Nuggets
 Mashed Potato, Corn, Gravy
 Fresh Fruit & Salad Bar

Crispy Chicken Sandwich 13
On a Bun
 Tater Tots
 Steamed Green Beans
 Fresh Fruit & Salad Bar

Traditional Grilled Cheese 20
Or Pesto Tomato Grilled Cheese
 Tomato Soup
 Grilled Asparagus
 Fresh Fruit & Salad Bar

Ultimate Nachos 27
 Beef or Bean
 Corn
 Cheddar Cheese Sauce
 Rice, Salsa and Sour Cream
 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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This Institution is an equal opportunity provider