

FEBRUARY 2023

BLUE MOUNTAIN UNION SCHOOL

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

Monday

Tuesday
Wednesday
Thursday
Friday
BMU Bowls 6

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

Penne with Meatballs 7

Sautéed Green Beans
 Bread Roll
 Fresh Fruit & Salad Bar

Half Day 1
Fresh Pizza
 Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

BBQ Pulled Pork Sandwich 2
 Sweet Potato Fries
 Baked Beans
 Cole Slaw
 Fresh Fruit & Salad Bar

Chicken Broccoli Alfredo 3
Or Broccoli Alfredo
 Garlic Knot
 Fresh Fruit & Salad Bar

Fresh Pizza 8
 Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Traditional Grilled Cheese 9
Or Pesto Tomato Grilled Cheese
 Tomato Soup
 Grilled Asparagus
 Fresh Fruit & Salad Bar

Brunch for Lunch 10
 Pancakes
 Scrambled Eggs
 Sausage
 Roasted Home fries
 Fresh Fruit & Salad Bar

Mac and Cheese 13
 Sweet Peas
 Bread Roll
 Fresh Fruit & Salad Bar

Popcorn Chicken 14
 Biscuit
 Roasted Potato Wedges
 Fresh Fruit & Salad Bar

Fresh Pizza 15
 Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Generals Chicken 16
w/ Broccoli
 Fried Rice
 Spring Rolls
 Fresh Fruit & Salad Bar

Beef or Bean Tacos 17
 Corn
 Cheddar Cheese
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

100% Beef Burger 20
Or Vegetarian Burger
 Sautéed Green Beans
 Fresh Fruit & Salad Bar

Cheese or Beef Lasagna Rollup 21
 Marinara Sauce
 Roasted Zucchini
 Garlic Knots
 Fresh Fruit & Salad Bar

Fresh Pizza 22
 Pepperoni or Cheese
 Caesar Salad
 Fresh Fruit & Salad Bar

Crispy Chicken Sandwich 23
On a Bun
 Maple Roasted Rainbow Carrots
 Fresh Fruit & Salad Bar

Hot Dogs 24
 Baked Beans
 Potato Wedges
 Roasted Carrots
 Fresh Fruit & Salad Bar

NO SCHOOL 27

NO SCHOOL 28

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
[MySchoolBucks.com](https://www.myschoolbucks.com)

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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