

# MARCH 2023

## BLUE MOUNTAIN UNION SCHOOL

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

Monday



Tuesday

Wednesday

Thursday

Friday

6

7

1

2

3

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

8

**Popcorn Chicken**  
 Biscuits  
 Coleslaw  
 Roasted Potato Wedges  
 Fresh Fruit & Salad Bar

9

**100% Beef Burger**  
**Or Veggie Burger**  
 Sautéed Green Beans  
 Fresh Fruit & Salad Bar

10

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

13

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

14

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

15

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

16

**No School**

17

**Spaghetti with Meatballs**  
 Sautéed Green Beans  
 Garlic Toast  
 Fresh Fruit & Salad Bar

20

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

21

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

22

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

23

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

24

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

27

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

28

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

29

**Penne Pasta**  
 Grilled Chicken  
 Roasted Zucchini  
 Garlic Knot  
 Fresh Fruit & Salad Bar

30

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

31

Please contact Paul Pellegrino with any questions or comments.  
[paul.pellegrino@oesu.org](mailto:paul.pellegrino@oesu.org)

This Institution is an equal opportunity provider

**Breakfasts Available Everyday**

Choices Like:

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