

# SEPTEMBER 2023

## BLUE MOUNTAIN UNION SCHOOL

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**NO SCHOOL**

**4**



**5**

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

**6**

**Fresh Pizza**  
**Pepperoni or Cheese**  
 Sweet Potato Fries  
 Caesar Salad  
 Fresh Fruit & Salad Bar

**7**

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

**8**

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

**11**

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

**12**

**Pesto Penne**  
 Grilled Chicken or Tofu  
 Roasted Zucchini  
 Garlic Bread  
 Fresh Fruit & Salad Bar

**13**

**Fresh Pizza**  
**Pepperoni or Cheese**  
 Sweet Potato Fries  
 Caesar Salad  
 Fresh Fruit & Salad Bar

**14**

**Corn Dogs**  
**Or Veggie Burger**  
 Baked Beans  
 Potato Wedges  
 Fresh Fruit & Salad Bar

**15**

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

**18**

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

**19**

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

**20**

**Fresh Pizza**  
**Pepperoni or Cheese**  
 Sweet Potato Fries  
 Caesar Salad  
 Fresh Fruit & Salad Bar

**21**

**Meatball Sub**  
**w/ Marinara**  
 Onion Rings  
 Fresh Fruit & Salad Bar

**22**

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

**25**

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

**26**

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

**27**

**Fresh Pizza**  
**Pepperoni or Cheese**  
 Sweet Potato Fries  
 Caesar Salad  
 Fresh Fruit & Salad Bar

**28**

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

**29**

**Ultimate Nachos**  
 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

Full Custom Sandwich Station available  
 every day for grades 5-12  
 Peanut Butter & Jelly or Ham & Cheese  
 Sandwiches are always available everyday as  
 a substitute for any entrée meal.