

NOVEMBER 2023

BLUE MOUNTAIN UNION SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday



Early Release Day 1
Fresh Pizza
 Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

Ultimate Nachos 2
 Beef or Bean
 Corn
 Cheddar Cheese Sauce
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

Meatball Sub w/ Marinara 3
 Onion Rings
 Delicata Squash Smiles
 Fresh Fruit & Salad Bar

Brunch for Lunch 6
 French Toast Sticks
 Scrambled Eggs
 Sausage
 Roasted Home fries
 Fresh Fruit & Salad Bar

BBQ Pulled Pork Or Cheese Quesadillas 7
 Rice, Corn
 All the Fixings
 Fresh Fruit & Salad Bar

Fresh Pizza 8
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

BMU Bowls 9
 Chicken Nuggets or
 Mashed Potato, Corn, Gravy
 Fresh Fruit & Salad Bar

Early Release Day 10
Crispy Chicken Sandwich On a Bun
 Roasted Sausage & Squash Soup
 Roasted Potato Wedges

Popcorn Chicken 13
 Biscuits
 Coleslaw
 Roasted Potato Wedges
 Fresh Fruit & Salad Bar

Cheese Lasagna Rollup 14
 Marinara Sauce
 Green Beans
 Garlic Knots
 Fresh Fruit & Salad Bar

Fresh Pizza 15
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

100% Beef Burger Or Veggie Burger 16
 Roasted Zucchini
 Fresh Fruit & Salad Bar

Thanksgiving Meal 17
 Roasted Turkey
 Mashed Potato
 Roasted Maple Acorn Squash
 Dinner Roll
 Fresh Fruit & Salad Bar

20

21

22

23

24



Chicken or Eggplant Parmesan with Pasta 27
 Sautéed Green Beans
 Bread Roll
 Fresh Fruit & Salad Bar

Ultimate Nachos 28
 Beef or Bean
 Corn
 Cheddar Cheese Sauce
 Rice, Salsa and Sour Cream
 Fresh Fruit & Salad Bar

Fresh Pizza 29
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

Traditional Grilled Cheese Or Pesto Tomato Grilled Cheese 30
 Tomato Soup
 Roasted Butternut Squash
 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.
paul.pellegrino@oesu.org

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.