



# DECEMBER 2023

## BLUE MOUNTAIN UNION SCHOOL

All Student Meals are Free

Adult Breakfast: \$ 4.00

Adult Lunch: \$5.50

Monday

Tuesday

Wednesday

Thursday

Friday

**Meatball Sub or Chickpea Falafel**  
Potato Wedges  
*Delicata Squash Smiles*  
Fresh Fruit & Salad Bar

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

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

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

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

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

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

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

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

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

**Beef or Bean Tacos**  
Roasted Red Peppers  
Rice, Corn  
All the Fixings  
Fresh Fruit & Salad Bar

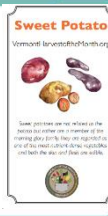
**Chicken Broccoli Alfredo Or Broccoli Alfredo**  
Garlic Toast  
Fresh Fruit & Salad Bar

**Holiday Meal**  
Ham  
Dinner Roll  
Mashed Potatoes  
Roasted Carrots

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

**Half Day**  
Lasagna Rollup  
Roasted Green Beans  
Garlic Knot

*HAPPY Holidays*



**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](mailto: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.