



JANUARY 2024

BLUE MOUNTAIN UNION SCHOOL

All Student Meals are Free

Adult Breakfast: \$ 4.00

Adult Lunch: \$5.50

Monday

*HAPPY
Holidays*

1

Tuesday

*HAPPY
Holidays*

2

Wednesday

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

3

Thursday

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

4

Friday

Chicken or Cheese
Quesadillas
Spanish Rice & Beans
Corn, Fresh Pico de Gallo
Salsa, Sour Cream
Fresh Fruit & Salad Bar

5

Mac and Cheese

Sweet Peas
Garlic Toast
Fresh Fruit & Salad Bar

8

Generals
Chicken or Tofu

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

9

Fresh Pizza
Pepperoni or Cheese

Sweet Potato Fries
Caesar Salad
Fresh Fruit & Salad Bar

10

Shepherd's Pie

Beef, Corn, Mashed Potato
Dinner Roll
Fresh Fruit & Salad Bar

11

Popcorn Chicken

Biscuits
Coleslaw
Roasted Potato Wedges
Fresh Fruit & Salad Bar

12

NO SCHOOL

15

Tacos/Burritos

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

16

Fresh Pizza
Pepperoni or Cheese

Sweet Potato Fries
Caesar Salad
Fresh Fruit & Salad Bar

17

Brunch for Lunch

French Toast Sticks
Scrambled Eggs
Sausage
Roasted Home fries
Fresh Fruit & Salad Bar

18

Crispy Chicken Sandwich

On a Bun
Potato Wedges
Fresh Fruit & Salad Bar

19

Pesto Penne

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

22

Traditional Grilled Cheese
Or Pesto Tomato Grilled Cheese

Grilled Asparagus
Tomato Soup
Fresh Fruit & Salad Bar

23

Fresh Pizza
Pepperoni or Cheese

Sweet Potato Fries
Caesar Salad
Fresh Fruit & Salad Bar

24

Meatball Sub
w/ Marinara

Kale Chips
Green Beans
Fresh Fruit & Salad Bar

25

Ultimate Nachos

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

26

Pulled Pork Sandwich
On a Bun

Cheesy Kale Bake
Fresh Fruit & Salad Bar

29

Cheesy Breadsticks

Marinara
Zucchini Parmesan
Caesar Salad
Fresh Fruit & Salad Bar

30

Early Release Day

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

31

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.