

OCTOBER 2024

BLUE MOUNTAIN UNION SCHOOL

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

Monday



Tuesday

Wednesday

Thursday

Friday

Beef or Bean Tacos 1
 Corn, Fresh Pico de Gallo
 Rice
 Fresh Guacamole
 Salsa, Sour Cream
 Fresh Fruit & Salad Bar

Fresh Pizza 2
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

100% Beef Burger or Impossible Burger 3
 Roasted Broccoli
 Fresh Fruit & Salad Bar

Popcorn Chicken 4
 Biscuits
 Coleslaw
 Roasted Potato Wedges
 Fresh Fruit & Salad Bar

Spaghetti with 7
Meat Sauce or Marinara
 Sautéed Green Beans
 Bread Roll
 Fresh Fruit & Salad Bar

Chicken or Veggie Fajitas 8
 Corn, Fresh Pico de Gallo
 Rice, Fresh Guacamole
 Salsa, Sour Cream
 Fresh Fruit & Salad Bar

Fresh Pizza 9
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

Crispy Chicken Sandwich 10
On a Bun
 Cheesy Broccoli
 Fresh Fruit & Salad Bar

NO SCHOOL 11

NO SCHOOL 14

Mac and Cheese 15
 Sweet Peas
 Bread Roll
 Fresh Fruit & Salad Bar

Fresh Pizza 16
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

BMU Bowls 17
 Crispy Chicken or
 Mashed Potato, Corn, Gravy
 Fresh Fruit & Salad Bar

BBQ Pulled Pork Sandwiches 18
 Tater Tots
 Baked Beans
 Coleslaw
 Fresh Fruit & Salad Bar

Chicken Broccoli Alfredo 21
Or Broccoli Alfredo
 Garlic Toast
 Fresh Fruit & Salad Bar

Ultimate Nachos 22
 Beef or Bean
 Corn
 Guacamole
 Salsa, Sour Cream
 Fresh Fruit & Salad Bar

Fresh Pizza 23
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

Generals Chicken 24
w/ Broccoli
 Fried Rice
 Spring Rolls
 Fresh Fruit & Salad Bar

Beef or Cheese Lasagna Rollup 25
 Marinara Sauce
 Green Beans
 Garlic Bread
 Fresh Fruit & Salad Bar

Brunch for Lunch 28
 Pancakes
 Scrambled Eggs
 Sausage
 Roasted Home fries
 Fresh Fruit & Salad Bar

Traditional Grilled Cheese 29
or Pesto Tomato Grilled Cheese
 Tomato Soup
 Grilled Asparagus
 Fresh Fruit & Salad Bar

Fresh Pizza 30
Pepperoni or Cheese
 Sweet Potato Fries
 Caesar Salad
 Fresh Fruit & Salad Bar

Halloweenies (Hot Dogs) 31
 Spooky Spud Wedges
 Boo Beans (Baked Beans)
 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.