

What's.Cookin"

Fresh Fruits, Vegetables, Juice & Milk offered daily.....

Bellmont.Middle.™.High.School.October.8682Lunch.Menu.(Menu.subject.to.change.at.any.time;)

Monday 9-28	Tuesday 9-29	Wednesday 9-30	Thursday 10-1	Friday 10-2
Ham & Cheese Sliders or Pretzel w/Cheese Mashed Potatoes/ Mixed Veggies Celery Sticks w/Peanut Butter Pear Cup	Popcorn Chicken or Italian Sub Sandwich Potato Wedges (9-12) Baked Beans/Corn (6-8) Baby Carrots Fruit Slushie Sun Chips	Hot Dog w/Cheese or Cheese Stuffed Breadsticks Potato Wedges (6-8) Baked Beans/Corn (9-12) Celery Sticks w/Peanut Butter Apple Slices w/Caramel Chocolate Pudding	Chicken Alfredo w/Breadsticks or Chicken Tenders Steamed Broccoli Baby Carrots Caesar Salad w/Croutons Peach Cup Cheez-it	Asian Chicken w/Fried Rice or Breaded Chicken Sandwich Carrots/Peas Fresh Broccoli Baked Cinnamon Apples Fortune Cookie Dinner Roll
PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit
Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Side Salad w/Ham & Cheese Sub	Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Taco Salad w/Roll & Doritos	Ham Chef Salad w/Roll & Croutons
Pepperoni or Cheese Pizza	Sausage & Pepperoni or Cheese Pizza	Buffalo Chicken or Cheese Pizza	Pepperoni or Cheese Pizza	Sausage or Cheese Pizza10
Monday 10-5	Tuesday 10-6	Wednesday 10-7	Thursday 10-8	Friday 10-9
Popcorn Chicken or Breadsticks w/ Cheese String Cheese Mashed Potatoes/ Mixed Veggies Celery Sticks w/Peanut Butter Pear Cup Goldfish Crackers	Beef Nachos or Queso, Chicken & Rice Bowl Refried Beans/Corn Baby Carrots Applesauce Cup Tortilla Chips Shred Cheese, Salsa, Sour Cream, Jalapenos	Bacon Cheeseburger or Cheese Stuffed Breadsticks Steamed Broccoli Celery Sticks w/Peanut Butter Strawberry Cup Doritos	Chicken Tenders or Chicken Bacon Ranch Flatbread French Fries (6-8) Green Beans/Carrots (9-12) Fresh Broccoli Blueberries Cookie	Buffalo Chicken Dip w/Tortilla Chips or Breaded Chicken Sandwich French Fries (9-12) Green Beans/Carrots (6-12) Baby Carrots Peach Cup
PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit
Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Chicken Caesar Salad w/Breadstick & Croutons	Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Taco Salad w/Roll & Doritos	Ham Chef Salad w/Roll & Croutons
Pepperoni or Cheese Pizza	Sausage & Pepperoni or Cheese Pizza	Buffalo Chicken or Cheese Pizza	Pepperoni or Cheese Pizza	Sausage or Cheese Pizza

Monday 10-12	Tuesday 10-13	Wednesday 10-14	Thursday 10-15	Friday 10-16
Popcorn Chicken or Cheeseburger Mashed Potatoes/ Mixed Vegetables Celery Sticks w/Peanut Butter Pear Cup Sun Chips	Chicken Alfredo w/Breadstick or Chicken Tenders Steamed Broccoli Caesar Salad w/Croutons Baby Carrots Apple Slices w/Caramel Chocolate Pudding	Breaded Chicken Sandwich or Grilled Cheese Potato Smiles (9-12) Baked Beans/Corn (6-8) Celery Sticks w/Peanut Butter Fruit Slushie	Chicken Bacon Ranch Wrap or Pretzel w/Cheese String Cheese Potato Smiles (6-8) Baked Beans/Corn (9-12) Fresh Broccoli Applesauce Cup Jell-O	Cheese Stuffed Breadsticks or Italian Sliders Cooked Carrots/Peas Baby Carrots Peach Cup
PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit
Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Side Salad w/Italian Sub	Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Taco Salad w/Roll & Doritos	Ham Chef Salad w/Roll & Croutons
Pepperoni or Cheese Pizza	Pepperoni & Sausage or Cheese Pizza	Buffalo Chicken or Cheese Pizza	Pepperoni or Cheese Pizza	Sausage or Cheese Pizza
Oct 19-23	FALL	BREAK	HAVE A	GREAT ONE
Monday 10-26	Tuesday 10-27	Wednesday 10-28	Thursday 10-29	Friday 10-30
Popcorn Chicken or Breadsticks w/Cheese String Cheese Mashed Potatoes/ Mixed Vegetables Celery Sticks w/Peanut Butter Applesauce Cup Scooby Grahams	Beef Nachos or Homemade Burrito Bake w/Queso Refried Beans/Corn Baby Carrots Strawberry Cup Tortilla Chips Shred Cheese, Salsa, Sour Cream, Jalapenos	Cheeseburger or Buffalo Chicken Dip w/Tortilla Chips French Fries (6-8) Green Beans/Carrots (9-12) Celery Sticks w/Peanut Butter Blueberries	Chicken Wings or BBQ Chicken Flatbread French Fries (9-12) Green Beans/Carrots (6-8) Fresh Broccoli Banana Cookie	Breaded Chicken Ham & Swiss Sandwich or Cheese Stuffed Breadsticks Steamed Broccoli Baby Carrots Peach Cup
PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit	PBJ or Yogurt Kit
Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Italian Chef Salad w/Breadstick & Croutons	Turkey Chef Salad w/Roll & Croutons	Ham Chef Salad w/Roll & Croutons or Taco Salad w/Roll & Doritos	Ham Chef Salad w/Roll & Croutons
Pepperoni or Cheese Pizza	Pepperoni & Sausage or Cheese Pizza	Buffalo Chicken or Cheese Pizza	Pepperoni or Cheese Pizza	Sausage or Cheese Pizza

This institution is an equal opportunity employer and provider.