Beekmantown Middle High School

December 2026

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Brunch for Lunch French Toast with Syrup Scrambled Egg Baked Ham Roasted Potatoes or Poutine with Beef Gravy and Mozzarella Cheese Cherry Tomatoes and Cucumbers Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk	2 Italian Pasta Feast Breaded Mozzarella Sticks with Rotini/ Marinara Sauce or Chicken Alfredo over Rotini Carrots Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk	3 **Build Your Own Burger** Bacon Cheeseburger on a Wheat Roll or Hot Honey Chicken with Cheddar Cheese on a Croissant ❤️Eagle Sauce, Pickles Lettuce, Tomato/Onion Baked Beans Baked French Fries Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk	4 **Stuffed Crust Pizza** Pepperoni, Cheese or Cook's Choice Steamed Broccoli Frito Cowboy Coleslaw Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk
7 Sweet and Sour Chicken ❤️Savory Rice BBQ Pork on a Pretzel Roll Egg Rolls Green Beans BBQ Sauce Golden Sauce ❤️Pineapple Coleslaw Tossed Salad Low Fat Salad Dressing Chilled Applesauce Low Fat Milk	8 **Macho Nacho** or Poutine with Beef Gravy and Mozzarella Cheese Seasoned Beef Shredded Lettuce Diced Tomato/Pickle Onions Cheddar Cheese/Salsa Roasted Street Corn Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk 	9 Italian Pasta Feast Chicken Alfredo over Rotini or Meatball Subs with Mozzarella Cheese Carrots Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk	10 **Dress your own Hotdog** Hot Dog on a Wheat Roll or Buffalo Chicken Wrap ❤️Michigan Sauce Ketchup, Mustard, Relish, Diced Onion Tator Tots Baked Beans Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk	11 **Stuffed Crust Pizza** Pepperoni, Cheese Cook's Choice Steamed Broccoli ❤️ Italian Tortellini Salad Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk

Breakfast Menu

Monday - Breakfast Pizza
Tuesday - Waffles with Syrup
Wednesday - Eagle Breakfast Sandwich
Thursday - French Toast Tornado
Friday - Blueberry Muffin / Cheese Stick or Yogurt
Low Fat Milk, Fruit Juice and Fruit

Salad Menu

Monday - Ham and Cheese Chef Salad
Tuesday - Classic Caprese Salad
Wednesday - Harvest Chicken and Apple Salad
Thursday - Sticks and Stuff
Friday - Cobb Salad
All Salads made fresh daily!

Sandwich Menu

Monday-Ham and Cheese
Tuesday -Bologna and Cheese
Wednesday-Turkey and Cheese
Thursday-Chicken Caesar Wrap
Friday-Chicken Pesto Wrap

Peanut Butter, Jelly and Egg Salad Sandwich offered Daily.

All Sandwiches made fresh daily by Cafeteria Staff

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14 Chicken Nuggets or BBQ Pork on a Pretzel Roll ❤️Savory Rice Dumplings Green Beans BBQ Suace Golden Sauce Tossed Salad Low Fat Salad Dressing Chilled Applesauce Low Fat Milk	**15** Macaroni and Cheese Buffalo Chicken Wrap ❤️Pineapple Coleslaw Steamed Carrots Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk	16 Italian Pasta Feast Breaded Mozzarella Sticks with Rotini/ Marinara Sauce Chicken Alfredo over Rotini Carrots Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk	**17** **Build Your Own Burger** Bacon Cheeseburger on a Wheat Roll or Hot Honey Chicken with Cheddar Cheese on a Croissant ❤️Eagle Sauce, Pickles Lettuce, Tomato/Onion Baked Beans Baked French Fries Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk	**18** **Stuffed Crust Pizza** Pepperoni, Cheese Cook's Choice Steamed Broccoli ❤️Zesty Pasta Salad Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk
21 Chicken Strips or BBQ Pork on a Pretzel Roll ❤️Savory Rice Green Beans ❤️Pineapple Coleslaw BBQ Sauce Golden Sauce Tossed Salad Low Fat Salad Dressing Chilled Applesauce Low Fat Milk	22 Baked Soft Pretzel with Cheese Sauce Roasted Sweet Corn Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk	MERRY CHRISTMAS AND HAPPY NEW YEAR		
				

Soup Menu

❤️Soups are made from scratch daily!
Monday - Chicken Tortilla Soup
Tuesday - Chicken and Rice Soup
Wednesday - Loaded Baked Potato Soup
Thursday - Beef Chili
Friday - Cook's Choice

Students must take three components to make a reimbursable meal!

Parfait Menu

Monday - Berry, Berry Fruit Parfait
Tuesday - Strawberry, Blueberry Parfait
Wednesday - Strawberry, Banana Parfait
Thursday - Banana Split Parfait
Friday - Berry, Berry Fruit Parfait
All parfaits served with ❤️Granola