

# MAY | 2025

## BCMS-BMHS Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>28 Stay Hydrated</b> <i>High Water Fruits:</i> <b>Watermelon</b> <b>Cantaloupe</b> <b>Pineapple</b> <b>Strawberries</b> <b>grapes</b></p>	<p><b>29</b> </p>	<p><b>30</b> </p>	<p><b>1</b> Breakfast Sandwich Orange Chicken- Line 1&amp;2 Stir Fry, Fresh Veggies Salad Bar- Line 3 Fruit Choice</p>	<p><b>2</b> Chicken Minis  Crispitos Pizza Corn, Tater Tots Fruit Choice</p>
<p><b>5</b> Tornado Philly Cheese Streak Hoagie- Line 1&amp;2 Okra, Chips Sub Bar- Line 3 Chips., Fresh Veggies Fruit Choice</p>	<p><b>6</b> Chicken Sandwich <b>WE LOVE YOU SENIORS!</b> Bomber Nachos- THE WORKS Snowflake's Chicken Alfredo Steamed Broccoli, Baked Beans Garlic Toast Fruit Choice</p>	<p><b>7</b> Cinnamon Roll  Wings N Poppers Annettes Broccoli salad, Ranch Potatoes Rolls Fruit Choice</p>	<p><b>8</b> Breakfast Sandwich Chicken Biscuits- Get 2, Line 1&amp;2 Waffle Fries, Cherry Maters Salad Bar- Line 3 Fruit Choice</p>	<p><b>9</b> Chicken Minis Ultimate Kitchen Clean OUT- All the good stuff... Fresh Veggies Fruit Choice</p>
<p><b>12</b> Tornado <b>Welcome 5<sup>th</sup> Grade!!!</b> Chicken Tenders Chocolate Chip Pizza- Line 1&amp;2 French Fries, Fresh Veggies Orange Chicken- Line 3 Stir Fry, Fruit Choice</p>	<p><b>13</b> Chicken Sandwich BBQ Sandwich- Line 1&amp;2 French Fries, Fresh Veggies Yogurt Parfait- Line 3 Fruit Choice</p>	<p><b>14</b> Cinnamon Roll Crispitos w/ Chili Tacos Corn, Chips N Salsa Fruit Choice</p>	<p><b>15</b> Breakfast Sandwich <b>Senior Breakfast!</b> <b>WE LOVE YOU</b> Breakfast for Lunch Hashbrown Casserole, Cherry Maters Fruit Choice</p>	<p><b>16</b> Chicken Minis <b>LAST DAY</b> Loaded Smiley Fries- BBQ and Taco Meat Bosco Sticks Baked Beans, Lee Ann's Slaw Fruit Choice</p>
<p><b>19</b> </p>	<p><b>20</b> <i>Summer Feeding 2024</i> <b>6/2/2025- 7/25/2025</b> Email: <a href="mailto:Lori.williams@Ballard.kyschools.us">Lori.williams@Ballard.kyschools.us</a> Or <a href="mailto:Sara.hedges@ballard.kyschools.us">Sara.hedges@ballard.kyschools.us</a> To sign up for your pick-up location.</p>	<p><b>21</b> </p>	<p><b>22</b> </p>	<p><b>23</b> <b>Exercise not only changes your body. It changes your mind, attitude, and mood.</b>  #chuzeselfcare</p>
<p><b>26 Stay Hydrated</b> <b>You should drink- ½ your weight in ounces daily!</b> <b>100 LBS...</b> <b>Drink 50 ounces</b></p>	<p><b>27</b> </p>	<p><b>28 SEE YOU AUGUST 7<sup>TH</sup>. BEST YEAR YET!!!</b></p>	<p><b>29</b> </p>	<p><b>30</b> <b>Push-Up exercise</b> </p>

### Alternate Breakfast Choices

M- Pop Tart/ Lemon Bread  
T- Honey Buns/ Danish  
W- Parfaits/ Bagels  
TH- Assorted Cereal  
F- Donuts/ Muffin

*Build your Sub w/ Chips Mondays line 3... Now Alternating with Yogurt Parfait Alternating Mexican and Wings on Wednesdays The **BBMB** salad Bar- Thursdays line 3*

**Senior Breakfast May 15**  
**Graduation May 16**

Don't forget-

- ✓ Put Number in at Breakfast!!!
- ✓ Hey- You Gotta Grab a Fruit or Veggie.
- ✓ Check cold options
- ✓ Hug Lunch lady.
- ✓ Free Snack- M-TH, Closing Bell

### Cold and Fresh Options

M- Protein Pac  
T- Cold Outs, wraps, etc.  
W- Jennifer's Surprise!  
TH- Yogurt Combos  
F- Salads

Cold Options may vary based on Inventory.  
MENU IS SUBJECT TO CHANGE.