

SEPTEMBER | 2024

BMHS-BCMS MENU





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>NO SCHOOL</p>	<p>3 Breakfast Sandwich</p> <p>Chicken Alfredo Buffalo Chicken Wrap Annette's Broccoli Salad/ Cooked Carrots Garlic Toast Fruit Choice</p>	<p>4 Chicken Biscuit</p> <p>Breakfast for Lunch Eggs, biscuit, gravy, bacon Yogurt Bar- Line 3 Hashbrown Casserole/ Cherry Maters Fruit Choice</p>	<p>5 French Toast Sticks</p> <p>Bomber Nachos Salad Bar Line-3 Corn/ Pinto Beans Fruit Choice</p>	<p>6 Chicken Minis</p> <p>Bomber Burger Smart Mouth Pizza- Line 3 Baked Beans/ Baked Chips Fruit Choice</p>
<p>9 Tornado</p> <p>Chicken Sandwich Build a Sub W/ Chips- Line 3 French Fries/ Fresh Veggies Fruit Choice</p>	<p>10 Breakfast Sandwich</p> <p>Lasagna Chicken Caesar Wrap Lima Beans/ Fried Okra Bread Stick Fruit Choice</p>	<p>11 Chicken Biscuit</p> <p>Teriyaki Meatballs & Rice Wingsday! (wings and poppers)- line 3 Cali Blend/ Green Beans Cornbread Muffin Fruit Choice</p>	<p>12 French Toast Sticks</p> <p>Bomber Nachos Salad Bar Line-3 NEW BLT Pasta (GET YOU SOME)/ Corn Fruit Choice</p>	<p>13 Chicken Minis</p> <p>Bomber Burger Smart Mouth Pizza- Line 3 Baked Beans/ Baked Chips Fruit Choice</p>
<p>16 Tornado</p> <p>Chicken Sandwich Build a Sub W/ Chips- Line 3 French Fries/ Fresh Veggies Fruit Choice</p>	<p>17 Breakfast Sandwich</p> <p>Beef Stroganoff Chicken, Bacon, Ranch Wrap Green Beans/ Corn On Cob Hot Roll Fruit Choice</p>	<p>18 Chicken Biscuit</p> <p>Chicken N Waffles Yogurt Bar- Line 3 Hashbrowns/ Broccoli & Cheese Baked Apples</p>	<p>19 French Toast Sticks</p> <p>Bomber Nachos Salad Bar Line-3 Potato Salad/ Squash Casserole Fruit Choice</p>	<p>20 Chicken Minis</p> <p>Bomber Burger Smart Mouth Pizza- Line 3 Baked Beans/ Baked Chips Fruit Choice</p>
<p>23 Tornado</p> <p>Chicken Sandwich Build a Sub W/ Chips- Line 3 French Fries/ Fresh Veggies Fruit Choice</p>	<p>24 Breakfast Sandwich</p> <p>Hamburger MAC Pasta Club Wrap Fried Okra/ Lima Beans Hot Roll Fruit Choice</p>	<p>25 Chicken Biscuit</p> <p>Oriental Chicken N Rice Wingsday! (wings and poppers)- line 3 Stir Fry Veggies/Baby Bakers Eggroll Fruit Choice/ Fortune Cookie</p>	<p>26 French Toast Sticks</p> <p>Bomber Nachos Salad Bar Line-3 Pinto Beans/ Corn Nuggets Fruit Choice</p>	<p>27 Chicken Minis</p> <p>Bomber Burger Smart Mouth Pizza- Line 3 Baked Beans/ Baked Chips Fruit Choice</p>
<p>30 Tornado</p> <p>Chicken Sandwich Build a Sub W/ Chips- Line 3 French Fries/ Fresh Veggies Fruit Choice</p>	<p>1 Our Kitchen Has Wings</p>  <p>Donate to the Annette Account</p>	<p>2 EXERCISE IS KING. NUTRITION IS QUEEN. PUT THEM TOGETHER AND YOU'VE GOT A KINGDOM.</p> <p>-Jack Lalanne</p>	<p>3</p> 	<p><i>The hard truth:</i></p> <p>If you want to get rid of cravings, you've got to get rid of sugar</p>

Alternate Breakfast Choices

- M- Pop Tart/ Ch. Muffins
- T- Assorted Danishes
- W- Parfaits
- TH- Assorted Cereal
- F- Donuts

Build your Sub w/ Chips Mondays line 3

Build a yogurt Parfait Alternating Wednesdays

The BOMB salad Bar-Thursdays line 3

Smart Mouth Pizza Fridays Line 3

Don't forget-

- ✓ Put money into your account.
- ✓ Hey- You Gotta Grab and Fruit or Veggie.
- ✓ There are cold options too-
- ✓ Hug Lunch lady.
- ✓ Free Snack- M-TH, Closing Bel

Cold and Fresh Options

- M- Protein Pac
 - T- Cold Outs
 - W-Cold Wraps
 - TH- Yogurt Combos
 - F- Salads
- Cold Options may vary based on Inventory.

MENU IS SUBJECT TO CHANGE.