

MAY | 2024

BMHS/BCMS Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 Stay Hydrated <i>High Water Fruits:</i> Watermelon Cantaloupe Pineapple Strawberries grapes</p>	<p>30 </p>	<p>1 Chicken Biscuit Specialty Wrap Or Philly Steak Sub Yogurt Parfait Bar- Line 3 Potato Salad, Corn Fruit Choice</p>	<p>2 Breakfast Sandwich BBQ Sandwich Or Smart Mouth Pizza Baked Beans, Lee's Slaw Fruit Choice</p>	<p>3 Chicken Minis Chef Lee's Choice Or Chicken Sandwich French Fries, Fresh Veggies Fruit Choice</p> 
<p>6 Tornado Cheeseburger Or Smart Mouth Pizza Baked Beans, Chips Fruit Choice</p>	<p>7 Breakfast Sandwich BBQ Nachos Or Bosco Sticks Salad Bar- Line 3 Corn, Fresh Veggies Fruit Choice</p>	<p>8 Chicken Biscuit Wings Day!!! Chicken Wings and Bites Yogurt Parfait Bar- Line 3 Ranch Potatoes, Annette's Broccoli Salad Fruit Choice</p>	<p>9 Breakfast Sandwich Chicken, Bacon, Wrap Or Build A Sub on Line 3 French Fries, Chips Fruit Choice</p>	<p>10 Chicken Minis Color Run 2024 Chef Lee's Choice Or Chicken Sandwich French Fries, Fresh Veggies Fruit Choice</p> 
<p>13 Tornado Cheeseburger Or Smart Mouth Pizza Baked Beans, Chips Fruit Choice</p>	<p>14 Breakfast Sandwich BBQ Nachos Or Salad Bar- Line 3 Corn, Fresh Veggies Fruit Choice</p>	<p>15 Chicken Biscuit Chef Lee's Choice Yogurt Parfait Bar- Line 3 Fruit Choice</p> 	<p>16 Breakfast Sandwich Senior Breakfast 2024! Breakfast for Lunch Or Popcorn Chicken Hash browns/ Cherry Maters Fruit Choice</p>	<p>17 Chicken Minis LAST DAY Chicken Sandwich Or Bosco Sticks French Fries/ Fresh Veggies Fruit Choice</p>
<p>20 </p>	<p>21 </p>	<p>22 Summer Feeding 2024 6/3/2024 - 7/27/2024 Email: Lori.williams@Ballard.kyschools.us Or Sara.hedges@ballard.kyschools.us To sign up for your pick-up location.</p>	<p>23 </p>	<p>24 "Exercise not only changes your body. It changes your mind, attitude, and mood." #chuzeselfcare</p>
<p>27 Stay Hydrated You should drink- ½ your weight in ounces daily! 100 LBS... Drink 50 ounces</p>	<p>28 </p>	<p>29 </p>	<p>30 SEE YOU AUGUST 8TH- BEST YEAR YET!!!</p>	<p>Push-Up exercise </p>

Alternate Breakfast Choices

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

*The BOMB salad Bar-
Line 3 Tuesdays
Yogurt Parfait Bar-
Line 3 Wednesdays*

Smart Mouth Pizza
Every Monday and Thursday

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 Bell- Last day-5/9.

Cold and Fresh Options

M- Yogurt Combos
T- Cereal Combos
W-Specialty Boxes
TH- Boxed Salads
F- Cold Wraps and Outs
Cold Options may vary based on Inventory.

**MENU IS SUBJECT
TO CHANGE.**