

OCTOBER | 2024

BMHS/BCMS Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our Kitchen

Has Wings



Donate to the Annette Account

7 Fall Break 2024

14 Tornado
Chicken Parmesan
Build a Sub- Line 3
Fresh Veggies/ French Fries
Bread Stick
Fruit Choice

21 Tornado
Bacon Cheeseburger
Build a Sub- Line 3
Fresh Veggies/ French Fries
Fruit choice

28 Tornado
Chicken Sandwich
Build a Sub- Line 3
Fresh Veggies/ French Fries
Fruit Choice

1 Breakfast Sandwich
Spaghetti & Meatballs
Caesar Chicken Wrap
Green Peas/ Side Salad
Garlic Toast
Fruit

8 *The Sugar Curse-Sugar:*
-drops the pH in mouth, destroying tooth enamel
-crazy glucose levels, AKA sugar crash
-sugar is the root of inflammation.

15 Breakfast Sandwich
Pasta Bar
Ham N Cheese - Line 3
Assorted pastas, sauces, & meats
Fresh veggies/ Pinto Beans
Fruit Choice

22 Breakfast Sandwich
Chicken N Dumplings
Chicken, Bacon Wrap
Squash Casserole/ Fresh Veggies
Cornbread
Baked Apples

29 Breakfast Sandwich
Lasagna
Lee's Gyro Wrap
Baby Bakers/ Side Salad
Garlic Toast
Fruit Choice

2 Chicken Biscuit
KFC Bowl
Yogurt Bar- Line 3
Mashed Taters/ Corn Roll
Fresh Veggies
Fruit Choice



16 Chicken Biscuit
Salisbury Meatballs
Baked Po Bar- Line 3
Mashed Taters, Green Beans
Roll
Fruit Choice

23 Chicken Biscuit
PJ DAY!!
Breakfast for Lunch
Wings N Poppers- Line 3
Eggs, bacon, sausage, hashbrowns, biscuit/ gravy/ Meters
Fruit Choice

30 Cinnamon Roll
Chicken Drumstick
Pizza Crunchers
Cindi's Cheesy Taters/
Green Beans
Corn Bread
Fruit Choice

3 Breakfast Pizza
Bomber Nachos
Salad Bar- Line 3
Refried Beans/ Garden
Pasta Salad
Fruit Choice

10 **Trick or Treat Safety**
-Stay with a group, friend, or adult.
-Well-lit houses only
-Never go, or get in car w/ stranger
-have adult inspect candy- NO unwrapped candy

17 Cinnamon Roll
Bomber Nachos
Salad Bar- Line 3
Corn Nuggets/ Annette's
Broccoli Salad
Fruit Choice

24 Breakfast Pizza
Bomber Nachos
Salad Bar- Line 3
Baked Beans/ BLT Pasta
Fruit Choice

31 **Rancid Breakfast Pizza**
Bowl of Haunted Chili
Rotten Fritos
Poison Apples
Contaminated Corn Nuggets
Radioactive Fresh Veggies

4 Chicken Minis
Corndog
Smart Mouth
Mac N Cheese/ Fresh Veggies
Fruit Choice

11 *This inhuman place makes human monsters.*
-Stephen King

18 Chicken Minis
Oriental Chicken
Smart Mouth
Stir Fry/ Fresh Veggies
Eggroll
Fortune Cookie
Fruit Choice

25 Chicken Minis
Crispito/ Chili
Smart Mouth
Corn/ Fresh Veggies
Fruit Choice

1 PUMPKIN SMILE AND BLACK CAT GRIN; TIME TO LET THE SPOOKY IN!

Alternate Breakfast Choices

M- Pop Tart/ Ch. Muffins
T- Honey Buns
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.