

# BHMS Lunch Menu

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday School Closed	3 Flatbread Pizza w/ Pesto & Cheese Jello & Fruit	4 Omelette Turkey Bacon Waffles Berries & Yogurt	5 Pasta Bake Veggies & Cheese Fruit	6 Bagel w/ Cream Cheese Veggie Sticks Fruit
9 Pasta in a Tomato Sauce Garlic Bread Fruit	10 BBQ Chicken Potatoes Corn on the Cob Fruit	11 Turkey & Swiss Cheese Sandwiches Crudities Fruit	12 Tuna Sandwiches Cheese Sticks Fruit	13 Ploughman's Platter (cold shrimp, boiled egg, crudities, rolls) Fruit
16 Kafta Naan Bread Tomato Slices Fruit	17 Grilled Cheese Tomato Soup Fruit	18 Vegetarian Quiche Crudities Fruit	19 Pork Sausage, Egg & Cheese Breakfast Muffin Fruit & Yogurt	20 Vegetarian Pasta Salad Fruit
23 Turkey & Cheese Quiche Cucumber & Carrots Fruit	24 Pasta & Veggie Bake Fruit	25 Cream Cheese & Cucumber Bagels Yogurt	26 Ploughman's Platter (turkey, cheese, crudities, hard boiled eggs) Watermelon	27 Turkey Sausage on a Bun Fresh Veggie Sticks Brownies

#### About BHMS lunches

1. The Lunch Program is available for the Toddler to Junior High students
2. Milk served daily
3. Menu is subject to change
4. Unless otherwise stated, no meat / meat products are used
5. Our menu contains milk / dairy products daily

  
**Bishop Hamilton**  
**Montessori School**