

BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

November 2017

Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11/1

11/2

11/3

DAILY CHOICE

GRILL

SALADS/DELI

SIDES

Build a Burger w/
Lettuce, tomato,
cheese, on a WW Roll
GF

Toasted Cheese
&
Chicken Noodle
Soup

Bocso Cheese
filled Bread sticks
w/ dipping sauce
PF & V

Chicken and Cheese
Quesadilla w/ Salsa &
Sour Cream
GF

Hot Dog on a WW
Roll

Pancakes
w/Sausage
GF

Fresh Fruit Plate
w/Yogurt or String
Cheese and a Muffin
GF

Bagel w/ American
Cheese & Yogurt

Tuna Salad
on WW Bread
GF

Fresh Green Salad,
Baby Carrots, Canned
Fruit and Fresh Fruit

Fresh Green Salad,
Corn, Canned Fruit
and Fresh Fruit

Fresh Green Salad,
Broccoli, Fruit Juice,
Canned Fruit and
Fresh Fruit

Served Daily

- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

We do not use any form of Peanuts in our kitchens, No Peanut Butter or Peanut Oil is used.

Food Service News

Please note: Our menus are always subject to change.

Veterans Day November 10, No School

Thanksgiving Recess November 22, 23 & 24

K-5 November 29, No School

nboehm@bhbl.org

DID YOU KNOW?
BH-BL lunches offer five components – protein, grain, vegetable, fruit and milk.



ChooseMyPlate.gov

BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

November 2017

Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

	MONDAY 11/6	TUESDAY 11/7	WEDNESDAY 11/8	THURSDAY 11/9	FRIDAY 11/10
DAILY CHOICE	Chicken Nuggets w/Seasoned Rice GF	Mac 'n' Cheese w/Sausage	Bosco Cheese Filled Bread Sticks w/dipping sauce PF & V	Stuffed Crust Pizza Cheese or pepperoni	Veteran's Day No School
GRILL	French Toast w/Sausage GF	Chicken Patty on a WW Roll	Plain Grilled Chicken on a WW Roll w/Lettuce, Tomato & Cheese	Waffles w/Strawberries & Whipped Topping & Sausage	
SALADS/DELI	Turkey on a WW Roll	Salad w/a Chicken Patty	Fresh Fruit Plate w/String Cheese or a Yogurt and a Muffin GF	Ham & Cheese on a Croissant	
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Broccoli, Pears and Fresh Fruit	Fresh Green Salad, Baby Carrots & Cucumber slices, Fruit Juice and Fresh Fruit	Fresh Green Salad, Hummus and fresh Veggies, Pineapple and Fresh Fruit	

Served Daily

- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

We do not use any form of Peanuts in our kitchens, No Peanut Butter or Peanut Oil is used.

Food Service News

Please note: Our menus are always subject to change.

Please contact Food Service Director Nicky Boehm at nboehm@bhbl.org with any comments or suggestions

DID YOU KNOW?
BH-BL lunches offer five components – protein, grain, vegetable, fruit and milk.



BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

November 2017

Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY
11/13

TUESDAY
11/14

WEDNESDAY
11/15

THURSDAY
11/16

FRIDAY
11/17

DAILY CHOICE

Chicken Nuggets
w/ Tator Tots

GF

Taco's
Hard or Soft Shell
Seasoned Meat,
Lettuce. Cheese,
Salsa & Sour Cream

Stuffed Crust Cheese
or Pepperoni Pizza

GF

**Thanksgiving
Lunch**

Turkey, Gravy,
Mashed Potatoes

Bosco Cheese Filled
Bread Sticks
w/Dipping Sauce

PF & V

GRILL

Cheese or pepperoni
Pizza Bagel

Hot Dog
on a
WW Roll

French Toast sticks
w/Sausage

GF

Corn, Cranberry
Jelly, Dinner Rolls
& Butter
Pumpkin Pudding

Pancakes with
Canadian Ham

GF

SALADS/DELI

Chicken Patty
Salad

Bagel w/American
Cheese and a Yogurt
GF

Fresh Fruit Plate
String Cheese,
Yogurt & a Muffin

PF & GF

Chicken Patty
on a
WW Roll

Tuna Salad
on WW
Sliced Bread

SIDES

Fresh Green Salad,
Broccoli, Pineapple
and Fresh Fruit

Fresh Green Salad,
Corn, Fruit Juice and
Fresh Fruit

Fresh Green Salad,
Green Beans, Pears
and Fresh Fruit

Fresh Green Salad,
Baby Carrots, Apple
Sauce and Fresh
Fruit

Fresh Green Salad,
Cucumber Slices,
Peaches and Fresh
Fruit

Served Daily

- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

We do not use any form of Peanuts in our kitchens, No Peanut Butter or Peanut Oil is used.

Food Service News

Please note: Our menus are always subject to change.

Do not hesitate to contact us with any questions, concerns, ideas, all are welcome.

Nicky Boehm Food Service Director
nboehm@bhbl.org

DID YOU KNOW?
BH-BL lunches offer five components – protein, grain, vegetable, fruit and milk.



BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

November 2017

Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY
11/20

TUESDAY
11/21

WEDNESDAY
11/22

THURSDAY
11/23

FRIDAY
11/24

DAILY CHOICE

Chicken Nuggets
and Smiley Fries
w/a WW Roll

Stuffed Crust Cheese
Pizza
PF & V

No School

No School

No School

GF

GRILL

Pancakes
&
Sausage

Chicken Patty
on a
WW Roll

←-----

THANKSGIVING

-----→

GF

SALADS/DELI

Hot Dog
on a WW Roll

Bagel w/American
Cheese and a Yogurt
V

←-----

RECESS

-----→

SIDES

Fresh Green Salad,
Green Beans,
Peaches, Fruit
Juice and Fresh
Fruit

Baby Carrots, Corn,
Mixed Fruit and
Fresh Fruit

Served Daily

- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

We do not use any form of Peanuts in our kitchens, No Peanut Butter or Peanut Oil is used.

Food Service News

Please note: Our menus are always subject to change.

Happy Thanksgiving

Nicola Boehm FSD nboehm@bhbl.org

DID YOU KNOW?
BH-BL lunches offer five components – protein, grain, vegetable, fruit and milk.



ChooseMyPlate.gov

BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

November 2017

Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY
11/27

TUESDAY
11/28

WEDNESDAY
11/29

THURSDAY
11/30

FRIDAY

DAILY CHOICE

Chicken Nuggets
and Smiley Fries
w/a WW Roll

Nacho Supreme w/
Tortilla Chips
Seasoned Beef,
Cheese Sauce,
Lettuce & Salsa

No School

Spaghetti and
Meatballs w/ Garlic
Bread

GF

GRILL

Pancakes
w/Sausage
GF

Hot Dog
w/ Meat Sauce
on a WW Roll

Grade K-5

Cheese
Pizza Bagel

SALADS/DELI

Egg Salad
on WW Bread
GF

Chicken Pattie
on a WW roll

Conference Day

Plain Grilled
Chicken w/ lettuce
& Tomato on a WW
Roll

SIDES

Fresh Green Salad,
Green Beans,
Pineapple and
Fresh Fruit

Fresh Green Salad,
Corn, Pears and
Fresh Fruit

Fresh Green Salad,
Celery Sticks, Baby
Carrots & Hummus,
Fruit Juice and
Fresh Fruit

Served Daily

- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

We do not use any form of Peanuts in our kitchens, No Peanut Butter or Peanut Oil is used.

Food Service News

Please note: Our menus are always subject to change.

Please let us know ahead of time if your child would like the Gluten Free options, send me a quick email or let the kitchen manager know, thank you.

Please contact Food Service Director Nicky Boehm at nboehm@bhbl.org with any comments or suggestions

DID YOU KNOW?
BH-BL lunches offer five components – protein, grain, vegetable, fruit and milk.

