

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## December 2017

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

	MONDAY 12/4	TUESDAY 12/5	WEDNESDAY 12/6	THURSDAY 12/7	FRIDAY 12/1 & 8
DAILY CHOICE	Chicken Nuggets w/ Seasoned Rice  GF	Half day	Penne Pasta & Meatballs w/ Garlic Bread	Toasted Cheese Sandwich w/ Tomato Soup	Stuffed Crust Cheese or Pepperoni Pizza  GF
GRILL	French Toast Sticks w/Sausage  GF	K-5 Parent Teacher Conference	Chicken Patty on a WW Roll	Hamburger or Cheeseburger on a WW Roll	Waffles Sticks w/ Syrup and Sausage  GF
SALADS/DELI	Hot Dog on a WW Roll		Bagel w/American Cheese and a Yogurt  GF	Fresh Fruit Plate w/Yogurt or Cottage Cheese & a Muffin  GF	Chicken Patty Salad
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit		Fresh Green Salad, Broccoli, Pears and Fresh Fruit	Fresh Green Salad, Baby Carrots, Pineapple, and Fresh Fruit	Fresh Green Salad, Corn, Apple Sauce 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.*

*December 5, K-12 Half Day of School, No Lunch Served*

*December 14, K-5 Half day of School No Lunch Served*

*December 25 thru January 1 No School*

*– Holiday Recess*

Please contact Food Service Director Nicky Boehm at [nboehm@bhbl.org](mailto:nboehm@bhbl.org) with any comments or suggestions

### DID YOU KNOW?

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



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	MONDAY 12/11	TUESDAY 12/12	WEDNESDAY 12/13	THURSDAY 12/14	FRIDAY 12/15
DAILY CHOICE	Chicken Nuggets w/ Mashed Potatoes  GF	Nacho Supreme w/ Tortilla Chips Seasoned Beef, Cheese Sauce, Lettuce & Salsa	Cheese or Pepperoni Pizza  PF & GF	Half Day	Bosco Cheese Filled Bread Sticks w/Dipping sauce  PF & V
GRILL	French Toast w/Sausage  GF	Hot Dog w/ Meat Sauce on a WW Roll	Chicken Pattie on a WW Roll	k-5 Parent Teacher Conference	Mini Chocolate Chip Pancakes w/ Ham  GF
SALADS/DELI	Chicken Patty on a Salad	Bagel w/ American Cheese & Yogurt  GF	Fresh Fruit Plate w/Yogurt or a String Cheese & a Muffin  GF		Tuna Salad on a WW Roll
SIDES	Fresh Green Salad, Baby Carrots, Mixed Fruit and Fresh Fruit	Fresh Green Salad, Corn, Peaches and Fresh Fruit	Fresh Green Salad, Green Beans, Pears and Fresh Fruit		Fresh Green Salad, Cucumber Slices, Fruit Juice and Fresh Fruit

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

*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.*

Nicky Boehm Food Service Director  
[nboehm@bhbl.org](mailto:nboehm@bhbl.org)

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	<b>MONDAY</b> 12/18	<b>TUESDAY</b> 12/29	<b>WEDNESDAY</b> 12/20	<b>THURSDAY</b> 12/21	<b>FRIDAY</b> 12/22
<b>DAILY CHOICE</b>	Chicken Nuggets and Smiley Fries  GF	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V	Build a Burger on a WW Roll  Jello w/Topping	Spaghetti and Meatballs w/ Garlic Bread  Chocolate Chip Cookie	Stuffed Crust Cheese Pizza  PF & V
<b>GRILL</b>	Cheese or Pepperoni Pizza Bagel	Waffles w/Fruit, Whipped Topping and Sausage  GF	French Toast Sticks w/ Sausage GF Jello w/Topping	Grilled Chicken on a WW Roll  Chocolate Chip Cookie	Chicken Patty on a WW Roll
<b>SALADS/DELI</b>	Turkey Sandwich on WW Bread	Chicken Patty on a WW Roll	Chicken Patty Salad  Jello w/Topping	Bagel w/ American Cheese & a Yogurt  Chocolate Chip Cookie	Hot Dog on a WW Roll
<b>SIDES</b>	Fresh Green Salad, Carrot Slices, Peaches and Fresh Fruit	Fresh Green Salad Mixed Fresh Veggies, Applesauce, Fruit Juice and Fresh Fruit	Fresh Green Salad, Corn, Pineapple and Fresh Fruit	Fresh Green Salad, Baby Carrots, Pears, Fruit Juice and Fresh Fruit	Fresh Green Salad Green Beans, Mixed Fruit and Fresh Fruit

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Happy Holiday's

Nicola Boehm FSD [nboehm@bhbl.org](mailto:nboehm@bhbl.org)

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