

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## May 2017

### Prices:

- ◆ Lunch: \$2.50
- ◆ Milk: \$0.50

	MONDAY 5/1	TUESDAY 5/2	WEDNESDAY 5/3	THURSDAY 5/4	FRIDAY 5/5
DAILY CHOICE	Chicken Nuggets w/Smiley Fries  GF	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V	Cheese or Pepperoni Pizza  PF & GF	Spaghetti and Meatballs w/Garlic Bread	Pancakes w/Canadian Ham  GF
GRILL	French Toast Sticks w/Sausage  GF	Chicken Patty on a WW Roll	Waffles w/Fresh Fruit, Whipped Topping and Sausage GF	Chicken Patty on a WW Roll	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V
SALADS/DELI	Hot Dog on a WW Roll	Bagel w/Cheese & a Yogurt  GF & V	Chicken Patty Salad	Fresh Fruit Plate w/Cottage Cheese or a Yogurt & a Muffin GF	Tuna on a WW Roll
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Cucumber Slices, Mixed Fruit and Fresh Fruit	Fresh Green Salad, Baby Carrots, Pears and Fresh Fruit	Fresh Green Salad, Broccoli, Pineapple and Fresh Fruit	Fresh Green Salad, Hummus & Veggies, Apple Sauce and Fresh Fruit

### Served Daily

- ◆ Soynut butter\* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 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.*

**May 12, Half Day K-12, no lunch served**

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 5/8	TUESDAY 5/9	WEDNESDAY 5/10	THURSDAY 5/11	FRIDAY 5/12
DAILY CHOICE	Chicken Nuggets w/Seasoned Rice & a WW Dinner Roll  GF	Nacho Supreme w/Tortilla Chips, Seasoned beef, Lettuce, Salsa & Cheese	Cheese or Pepperoni Pizza PF & GF	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V	No Lunch  ½ Day of School
GRILL	French Toast Sticks w/Sausage  GF	Hot Dog on a WW Roll	Burger or a Cheeseburger on a WW Roll	Chicken Patty on a WW Roll	No Lunch  ½ Day of School
SALADS/DELI	Turkey on a WW Roll	Chicken Patty Salad	Bagel w/American Cheese and a Yogurt  GF & V	Fresh Fruit Plate w/Cottage Cheese or a Yogurt and a Muffin GF	No Lunch  ½ Day of School
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Corn, Pears and Fresh Fruit	Fresh Green Salad, Baby Carrots, Fruit Juice and Fresh Fruit	Fresh Green Salad, Hummus & Veggies, Pineapple and Fresh Fruit	No Lunch  ½ Day of School

### Served Daily

- ◆ Soynut butter\* & jelly sandwich
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- ◆ Non-fat chocolate milk

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### Food Service News

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*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.*

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	<b>MONDAY</b> 5/15	<b>TUESDAY</b> 5/16	<b>WEDNESDAY</b> 5/17	<b>THURSDAY</b> 5/18	<b>FRIDAY</b> 5/19
<b>DAILY CHOICE</b>	Chicken Nuggets w/Smiley Fries  GF	Spaghetti and Meatballs w/Garlic Bread	Cheese or Pepperoni Pizza  PF & GF	Build a Burger on a WW Roll w/Cheese, Lettuce, Tomato & Macaroni Salad	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V
<b>GRILL</b>	French Toast Sticks w/Sausage  GF	Chicken Patty on a WW Roll	Waffles w/Fresh Fruit, Whipped Topping and Sausage  GF	Bagel Cheese Pizza	Mini Chocolate Chip Pancakes w/Sausage  GF
<b>SALADS/DELI</b>	Hot Dog on a WW Roll	Fresh Fruit Plate with Cottage Cheese or a Yogurt and a Muffin GF	Ham and Cheese Sub Club	Chicken Patty Salad	Chicken Patty on a WW Roll
<b>SIDES</b>	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Cucumber Slices, Mixed Fruit and Fresh Fruit	Fresh Green Salad, Hummus & Baby Carrots, Pears and Fresh Fruit	Fresh Green Salad, Corn, Pineapple and Fresh Fruit	Fresh Green Salad, Fresh Veggies, Apple Sauce and Fresh Fruit

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### Food Service News

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**May 16, School Budget Vote, 7am – 9pm HS Gym**

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	MONDAY 5/22	TUESDAY 5/23	WEDNESDAY 5/24	THURSDAY 5/25	FRIDAY 5/26
DAILY CHOICE	Chicken Nuggets w/Mashed Potato  GF	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V	Cheese or Pepperoni Pizza  PF & GF	Nacho Supreme w/Tortilla Chips, Seasoned beef, Lettuce, Salsa & Cheese	Bosco Cheese Filled Bread Sticks w/dipping sauce  PF & V
GRILL	French Toast Sticks w/Sausage  GF	Cheese Quesadilla w/Salsa	Grilled Cheese & Chicken Noodle Soup	Hot Dog on a WW Roll	Chicken Patty on a WW Roll
SALADS/DELI	Hot Dog on a WW Roll	Fresh Fruit Plate with Cottage Cheese or a Yogurt and a Muffin GF	Chicken Patty Salad	Bagel w/American Cheese & a Yogurt  GF & V	Tuna on a WW Roll
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Fresh Veggies, Pears and Fresh Fruit	Fresh Green Salad, Baby Carrots, Fruit Juice and Fresh Fruit	Fresh Green Salad, Corn, Pineapple and Fresh Fruit	Fresh Green Salad, Hummus & Veggies, Apple Sauce and Fresh Fruit

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**MONDAY**  
5/29

**TUESDAY**  
5/30

**WEDNESDAY**  
5/31

**THURSDAY**

**FRIDAY**

DAILY CHOICE

**NO  
SCHOOL**

Chicken Nuggets  
w/Smiley Fries

Cheese or Pepperoni  
Pizza

GF

PF & GF

GRILL

**MEMORIAL  
DAY**

French Toast Sticks  
w/Sausage

Waffles w/Fruit,  
Whipped Topping &  
Sausage

GF

GF

SALADS/DELI

Hot Dog on a  
WW Roll

Chicken Patty Salad

SIDES

Fresh Green Salad,  
Green Beans,  
Peaches and Fresh  
Fruit

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

### Served Daily

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### **MAY 29, No School Memorial Day**

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### **DID YOU KNOW?**

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