

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## September 2017

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**  
9/7

**FRIDAY**  
9/8

DAILY CHOICE

GRILL

SALADS/DELI

SIDES

Penne Pasta & Meatballs w/Garlic Bread

Hamburger or Cheeseburger on a Whole Wheat Roll

Chicken Patty on a Whole Wheat Roll

Hotdog on a Whole Wheat Roll

Turkey Sandwich on a Whole Wheat Roll

Chicken Patty on a Whole Wheat Roll

Romaine Lettuce Salad, Baby Carrots, Pears and fresh fruit

Romaine Lettuce Salad, Mixed Fresh Veggies w/Dip, and Apples

### Served Daily

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

\*We offer a peanut free menu!

### Food Service News

*Please note: Our menus are always subject to change.*

- Thursday, Sept. 7 – First day of school grades 1-5, serving breakfast and lunch.
- Friday, Sept. 8 – First day of kindergarten and lunch.
- We will offer gluten-free options daily, Thursday, Sept. 7 is the turkey sandwich; Friday, Sept. 8 is hamburger or cheese burger on a roll.
- More gluten-free options to follow.
- Please note: Our kitchens are peanut free!

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



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	MONDAY 9/11	TUESDAY 9/12	WEDNESDAY 9/13	THURSDAY 9/14	FRIDAY 9/15
DAILY CHOICE	Chicken Nuggets w/Dipping Sauce & Smiley Fries GF	Nacho Supreme Tortilla Chips, Seasoned Beef, Cheese, Lettuce & Salsa	Stuffed Crust Pizza or GF Pizza	Waffles w/Strawberries, Whipped Topped & Sausage GF Waffles	Bosco Cheese-Filled Bread Sticks w/Dipping Sauce
GRILL	Hotdog on a Whole Wheat Roll	Chicken Patty on a Whole Wheat Roll	Mini Chocolate Chip Pancakes & Sausage GF Pancakes	Chicken Patty on a Whole Wheat Roll	Hotdog on a Whole Wheat Roll
SALADS/DELI	Ham & Cheese Sandwich on Whole Wheat Bread GF	Bagel w/American Cheese & a Yogurt  GF	Chicken Patty Salad	Fresh Fruit Plate w/Yogurt or Cottage Cheese & a Muffin  GF	Chicken Patty Salad
SIDES	Romaine Lettuce Salad, Cucumber Coins, Pineapple & Fresh Fruit	Romaine Lettuce Salad, Corn, Applesauce & Fresh Fruit	Romaine Lettuce Salad, Broccoli, Fruit Juice & Fresh Fruit	Romaine Lettuce Salad, Baby Carrots, Pears & Fresh Fruit	Romaine Lettuce Salad, Green Beans, & Mixed Fruit Options

### Served Daily

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

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- Please note: Our kitchens are peanut free!

The free and reduced breakfast and lunch application form is coming home with students on the first day of school. It is also posted on the BHBL web site.

If you wish to apply, please fill the form in, including your signature and send it into Nicky Boehm FSD at the high school.

All students that were on the breakfast & lunch program last year will roll over into this school year until mid-October giving you time to send your new application in.

Any questions email Nicky Boehm at [nboehm@bhbl.org](mailto:nboehm@bhbl.org) or call 518-399-9141 x85003

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## September 2017

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	MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22
DAILY CHOICE	Chicken Nuggets w/Dipping Sauce, Mashed Potato & a WW Roll	Spaghetti & Meatballs w/Garlic Bread	Stuffed Crust Pizza or GF Pizza	Half Day	Bosco Cheese-Filled Bread Sticks w/Dipping Sauce
GRILL	Hotdog on a Whole Wheat Roll	Chicken Patty on a Whole Wheat Roll	French Toast Sticks w/Sausage	K-12	Pancakes & Turkey Sausage
SALADS/DELI	Turkey Sandwich on WW Sliced Bread	Bagel w/American Cheese & a Yogurt	Fresh Fruit Plate w/Yogurt or Cottage Cheese & a Muffin	No Lunch Available	Tuna Salad on a WW Roll
SIDES	Romaine Lettuce Salad, Green Beans, Apple Sauce and Fresh Fruit	Romaine Lettuce Salad, Baby Carrots, Peaches and Fresh Fruit	Romaine Lettuce Salad, Cucumber Coins, Fruit Juice and Fresh Fruit		Romaine Lettuce Salad, Fresh Veggies, and Mixed 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
- ◆ Hummus & veggies

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### Food Service News

*Please note: Our menus are always subject to change.*

- Thursday September 21, 2017 is a half day K-12,
- Breakfast will be offered.
- No lunch will be offered.

Please send us an email with any menu items you would like to see on the menu [nboehm@bhbl.org](mailto:nboehm@bhbl.org)

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**MONDAY**  
**9/25**

**TUESDAY**  
**9/26**

**WEDNESDAY**  
**9/27**

**THURSDAY**  
**9/28**

**FRIDAY**  
**9/29**

**DAILY CHOICE**

Chicken Nuggets  
w/Dipping Sauce  
&  
Smiley Fries  
GF

Waffles  
w/Strawberries,  
Whipped Topped &  
Sausage  
GF Waffles

Stuffed Crust  
Pizza  
or  
GF Pizza

Toasted Cheese  
&  
Chicken Noodle  
Soup

Bosco Cheese-Filled  
Bread Sticks  
w/Dipping Sauce

**GRILL**

Cheese Burger  
on a  
Whole Wheat  
Roll

Cheese Quesadilla  
w/Chips & Salsa

Hotdog  
&  
Mac n Cheese

Chicken Patty  
on a  
Whole Wheat  
Roll

Mini Chocolate Chip  
Pancakes  
& Sausage  
GF Pancakes

**SALADS/DELI**

Ham and Cheese  
Sandwich  
on a Whole Wheat  
Roll

Hotdog  
on a WW  
Roll

Chicken Patty  
Salad

Fresh Fruit Plate  
w/Yogurt or Cottage  
Cheese & a Muffin

Bagel  
w/American Cheese  
& a Yogurt

GF

GF

**SIDES**

Romaine Lettuce  
Salad, Baby  
Carrots, Pineapple  
and Fresh Fruit

Romaine Lettuce  
Salad, Veggie Sticks,  
Applesauce and  
Fresh Fruit

Romaine Lettuce  
Salad, Corn, Fruit  
Juice and Fresh Fruit

Romaine lettuce  
Salad, Broccoli,  
Pears and Fresh  
Fruit

Romaine Lettuce  
Salad, green Fresh  
Veggies w/Dip, and  
Apples

### Served Daily

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

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### Food Service News

*Please note: Our menus are always subject to change.*

- We do have an online school meal payment program for our students.
  1. Go to [myschoolbucks.com](http://myschoolbucks.com)
  2. Create your account
  3. Pay with your credit/debit card or electronic check

Even if you don't wish to put money on a student's account this way you can create an account and see balances and meal purchases, it is a great tool to use.

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