

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## October 2017

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY  
10/2

TUESDAY  
10/3

WEDNESDAY  
10/4

THURSDAY  
10/5

FRIDAY  
10/6

DAILY CHOICE

Chicken Nuggets  
& Smiley Fries  
w/WW Dinner Roll  
GF

Toasted Cheese  
&  
Chicken Noodle  
Soup

Stuffed Crust Pizza  
Cheese or Pepperoni  
GF

Spaghetti  
& Meatballs  
w/Garlic Bread

Waffles w/Fruit,  
Whipped Topping  
& Sausage

GF

GRILL

Burger or  
Cheeseburger  
on a  
WW Roll  
GF

Chicken Patty  
on a  
WW Roll

Pancakes  
&  
Canadian Ham  
GF

Hotdog  
on a  
WW Roll

Bosco Cheese Filled  
Bread Sticks  
w/Dipping Sauce

SALADS/DELI

Hotdog  
on a  
WW Roll

Ham & Cheese  
Sandwich  
on a  
WW Roll  
GF

Bagel w/American  
Cheese  
& Yogurt

Tuna Salad  
on a  
WW Bread

Chicken Patty  
Salad

GF

GF

SIDES

Romaine Lettuce  
Salad, Green  
Beans, Pineapple  
and Fresh Fruit

Romaine Lettuce  
Salad, Cucumber  
Slices, Peaches and  
Fresh Fruit

Romaine Lettuce  
Salad, Baby Carrots &  
Hummus, Apple and  
Fresh Fruit

Romaine Lettuce  
Salad, Grape  
Tomatoes, Pears  
and Fresh Fruit

Romaine Lettuce  
Salad, Broccoli,  
Cinnamon Apple  
Sauce, 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
- ◆ Hummus & veggies

\*We offer a peanut free menu!

### Food Service News

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

- Monday October 9, 2017 – Columbus Day, No School
- We will be offering gluten free options daily.
- Please note: Our kitchens are peanut free!

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



# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## October 2017

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY  
10/9

TUESDAY  
10/10

WEDNESDAY  
10/11

THURSDAY  
10/12

FRIDAY  
10/13

DAILY CHOICE

**No  
School**

Chicken Nuggets  
w/Seasoned Rice &  
Garlic Bread

Stuffed Crust  
Pizza  
or  
GF Pizza

Taco's Hard or Soft  
Shell, Seasoned  
Beef, Cheese,  
Lettuce & Salsa

Bosco Cheese-Filled  
Bread Sticks  
w/Dipping Sauce

GRILL

**Columbus  
Day**

Burger  
on a  
WW Roll

Chicken Patty  
on a  
Whole Wheat  
Roll

Hotdog  
on a WW Roll  
w/Meat Sauce

French Toast &  
Sausage

GF

GF

SALADS/DELI

Bagel  
w/American Cheese  
& a Yogurt

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

Tuna Salad  
on WW Bread

Chicken Patty  
on a  
WW Roll

GF

GF

GF

SIDES

Romaine Lettuce  
Salad, Green Beans,  
Applesauce &  
Fresh Fruit

Romaine Lettuce  
Salad, Broccoli, Fruit  
Juice & Fresh Fruit

Romaine Lettuce  
Salad, Corn, Pears  
& Fresh Fruit

Romaine Lettuce  
Salad, Baby Carrots,  
Pineapple & 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

\*We offer a peanut free menu!

### Food Service News

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

- Please note: Our kitchens are peanut free!

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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# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## October 2017

### Prices:

- ◆ Lunch: \$2.75
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MONDAY  
10/16

TUESDAY  
10/17

WEDNESDAY  
10/18

THURSDAY  
10/19

FRIDAY  
10/20

DAILY CHOICE

Chicken Nuggets  
w/Buttered Noodles  
& a WW Roll

Burger or Cheese  
Burger w/Smiley  
Fries

Stuffed Crust  
Pizza  
or  
GF Pizza

Spaghetti  
& Meatballs  
w/Garlic Bread

**K-5 Half Day Of  
School**

GF

GRILL

Hotdog on a  
Whole Wheat  
Roll

Chicken Patty  
w/Smiley Fries

Chicken Tender  
Snack Wrap

Waffles  
w/Strawberries,  
Whipped Topping &  
Sausage  
GF

**No Lunch Served**

SALADS/DELI

Tuna Salad  
on a WW  
Roll

Bagel  
w/American Cheese  
& a Yogurt

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

Hotdog  
on a  
WW Roll

GF

GF

GF

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, Baby  
Carrots, Pears 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
- ◆ Hummus & veggies

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### Food Service News

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

October 20, 2017 K-5 Half Day of School  
No Lunch Served

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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Choose MyPlate.gov

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## October 2017

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

MONDAY  
10/23 & 30

TUESDAY  
10/24 & 31

WEDNESDAY  
10/25

THURSDAY  
10/26

FRIDAY  
10/27

### DAILY CHOICE

Chicken Nuggets  
w/Dipping Sauce  
&  
Mashed Potato  
GF

Stuffed Crust  
Pizza  
or  
GF Pizza

Spaghetti  
& Meat sauce  
w/Garlic Bread

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

Bosco Cheese-Filled  
Bread Sticks  
w/Dipping Sauce

### GRILL

French Toast Sticks  
w/Sausage  
  
GF

Chicken Patty  
on a  
Whole Wheat  
Roll

Hotdog  
on a WW  
Roll

Sloppy Joe  
on a  
Whole Wheat  
Roll

Mini Chocolate Chip  
Pancakes  
& Sausage  
GF Pancakes

### SALADS/DELI

Ham and Cheese  
Sandwich  
on a Whole Wheat  
Bread  
GF

Chicken Patty  
Salad

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

Bagel  
w/American Cheese  
& a Yogurt  
  
GF

Chicken Patty  
Salad

### SIDES

Romaine Lettuce  
Salad, Baby  
Carrots, Pineapple  
and Fresh Fruit

Romaine Lettuce  
Salad, Veggie Sticks,  
Applesauce and  
Fresh Fruit

Romaine Lettuce  
Salad, Green Beans,  
Fruit Juice and Fresh  
Fruit

Romaine Lettuce  
Salad, Corn, Pears  
and Fresh Fruit

Romaine Lettuce  
Salad, 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.*

- 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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