

# High School Lunch Menu

## January 2018

### Prices:

- ◆ Lunch: \$3.50
- ◆ Milk: \$0.60

**MONDAY**  
1/29

**TUESDAY**  
1/2, 16 & 30

**WEDNESDAY**  
1/3, 17 & 31

**THURSDAY**  
1/4 & 1/18

**FRIDAY**  
1/5

DAILY CHOICE

Popcorn Chicken  
w/Baked French  
Fries

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

Mashed Potato  
Bowl w/a Muffin

Bosco Cheese  
Filled Bread Sticks  
w/Dipping Sauce

Spaghetti and  
Meat Balls  
w/Garlic Bread

GRILL

Daily Specials

Daily  
Specials

Daily Specials

Daily Specials

Daily Specials

PIZZA

Asst. Pizza  
or a  
Chicken Patty  
on a WW Roll

Asst. Pizza  
or a  
Chicken Patty  
on a WW Roll

Asst. Pizza  
or a  
Chicken Patty  
on a WW Roll

Asst. Pizza  
or a  
Chicken Patty  
on a WW Roll

Asst. Pizza  
or a  
Chicken Patty  
on a WW Roll

SALADS

Chicken Caesar  
Salad

Chicken Caesar  
Salad

Chicken Caesar  
Salad

Chicken Caesar  
Salad

Chicken Caesar  
Salad

DELI

Turkey Sandwich  
or Wrap

Buffalo Chicken  
Wrap

Chicken Salad  
Wrap

Buffalo Chicken  
Wrap

Tuna or Egg Salad  
Sandwich or Wrap

### Served Daily

- ◆ Create your own salad
- ◆ Chicken Caesar salad
- ◆ Homemade soup
- ◆ Soy nut 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.

### Food Service News

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

### Happy New Year!

**January 15, Martin Luther King Jr Day, No School**  
**January 19, No Lunch Served**  
**January 22 thru 25, No Lunch Served, Regents**

Please let me know if you have any questions or concerns, and if you have any menu ideas.  
 Contact Nicky Boehm FSD at [nboehm@bhbl.org](mailto:nboehm@bhbl.org)

### DID YOU KNOW?

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



# High School Lunch Menu

## January 2018

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**MONDAY**  
1/8

**TUESDAY**  
1/9

**WEDNESDAY**  
1/10

**THURSDAY**  
1/11

**FRIDAY**  
1/12 & 1/26

DAILY CHOICE

Popcorn Chicken with Baked French Fries

Mashed Potato Bowl with a Muffin

General Tso's Chicken & Rice

Bosco Cheese Filled Bread Sticks w/dipping sauce PF & V

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

GRILL

Daily Specials

Daily Specials

Daily Specials

Burger or Cheeseburger on a WW Roll

Daily Specials

PIZZA

Asst. Pizza or a Chicken Patty on a WW Roll

Asst. Pizza or a Chicken Patty on a WW Roll

Asst. Pizza or a Chicken Patty on a WW Roll

Asst. Pizza or a Chicken Patty on a WW Roll

Asst. Pizza or a Chicken Patty on a WW Roll

SALADS

Chicken Caesar Salad

Chicken Caesar Salad

Chicken Caesar Salad

Chicken Caesar Salad

Chicken Caesar Salad

DELI

Ham & Cheese Sandwich or Wrap

Buffalo Chicken Wrap

Club w/Turkey and Bacon

Buffalo Chicken Wrap

Asst. Sandwiches & Wraps

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

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