

BURNT HILLS - BALLSTON LAKE High School Lunch Menu

October 2017

Prices:

- ◆ Lunch: \$3.50
- ◆ Milk: \$0.60

MONDAY
10/2, 16 & 30

TUESDAY
10/3, 17 & 31

WEDNESDAY
10/4 & 10/18

THURSDAY
10/5 & 10/19

FRIDAY
10/6

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 Special

Daily
Special

Daily Special

Burger or
Cheeseburger On
a WW Roll

Daily Special

PIZZA

Asst. Pizza
or a
Chicken Patty
on a WW Roll

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or a
Chicken Patty
on a WW Roll

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Chicken Patty
on a WW Roll

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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

Club w/Turkey
and Bacon

Tuna or Egg Salad
Sandwich or Wrap

Served Daily

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

Food Service News

Please note: Our menus are subject to change.

October 9, 2017 Columbus Day, No School

October 20, 2017 Grades 6-12 No School

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

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



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October 2017

Prices:

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MONDAY
10/23

TUESDAY
10/10 & 10/24

WEDNESDAY
10/11 & 10/25

THURSDAY
10/12 & 10/26

FRIDAY
10/13 & 10/27

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 Special

Daily Special

Daily Special

Burger or
Cheeseburger
on a
WW Roll

Daily Special

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
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or a
Chicken Patty
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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

Tuna or Egg
Salad
Sandwich or Wrap

Served Daily

- ◆ Create your own salad
- ◆ Chicken Caesar salad
- ◆ Homemade soup
- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
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Food Service News

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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 or call 518-399-9141 x85003

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