

BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

November 2017

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

	MONDAY 11/13 & 11/27	TUESDAY 11/14 & 11/28	WEDNESDAY 11/15 & 11/29	THURSDAY 11/2, 16 & 30	FRIDAY 11/3 & 11/17
DAILY CHOICE	Popcorn Chicken w/Baked French Fries	Nacho Supreme w/Tortilla Chips, Seasoned Beef, Rice, Corn, Cheese & Salsa	Mashed Potato Bowl with a Muffin	11/2 & 11/30 Penne Pasta & Meatballs w/Garlic Bread	Bosco Cheese Filled Bread Sticks w/Dipping Sauce PF & V
GRILL	Cheeseburger on a WW Roll	Hot Dog on a WW Roll	Chicken Cordon Blue Mini's w/Mashed Potato	Chocolate Chip Pancakes w/Sausage	Chicken Patty or Breaded Fish on a WW Roll
PIZZA	Cheese or Pepperoni Pizza or a Chicken Patty on a WW Roll	Cheese or Pepperoni Pizza or a Chicken Patty on a WW Roll	Cheese or Pepperoni Pizza or a Chicken Patty on a WW Roll	Pizza, Chicken Patty, Chicken Caesar Salad & Asst. Sandwiches	Cheese or Pepperoni Pizza or a Chicken Patty on a WW Roll
SALADS	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	11/16 Thanksgiving Dinner for Lunch	Chicken Caesar Salad
DELI	Turkey Sandwich or Wrap	Ham & Cheese Sandwich or Wrap	Buffalo Chicken Wrap	Turkey w/all the Trimmings Pumpkin Pudding	Tuna or Egg Salad Sandwich on WW

Served Daily

- ◆ Chicken Caesar salad
- ◆ 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, No Peanut Butter or Peanut Oil is used.

Food Service News

Please note: Our menus are subject to change.

We will be serving breakfast daily 7-30 to 8, come and join us. Separate menu available.

November 1 Grades 6-12 Half Day, Breakfast served, No Lunch

November 10 Veteran's Day, No School

November 22, 23 & 24, Thanksgiving Recess, No School

Please send us an email with any menu items you would like to see on the menu nboehm@bhbl.org

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



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MONDAY
11/6 & 11/20

TUESDAY
11/7 & 11/21

WEDNESDAY
11/8

THURSDAY
11/9

FRIDAY
11/10 & 11/24

DAILY CHOICE

Chicken Nuggets
w/Smiley Fries

Mashed Potato
Bowl with a Muffin

Pasta and
Meatballs w/Garlic
Bread

Bosco Cheese
Filled Bread Sticks
with Dipping Sauce

No School

GRILL

Cheeseburger on
a WW Roll

Chocolate Chip
Pancakes
w/Sausage

Spicy Chicken Fillet
on a
WW Roll

Chicken Patty
on a
WW Roll

**Nov 10
Veteran's Day**

PIZZA

Cheese or
Pepperoni Pizza
or a Chicken
Patty on a WW
Roll

Cheese or
Pepperoni Pizza or
a Chicken Patty on
a WW Roll

Cheese or
Pepperoni Pizza or
a Chicken Patty on
a WW Roll

Cheese or
Pepperoni Pizza
or a Chicken Patty
on a WW Roll

**Nov 24
Thanksgiving
Recess**

SALADS

Chicken Caesar
Salad

Chicken Caesar
Salad

Chicken Caesar
Salad

Chef Salad

DELI

Ham and Cheese
Sandwich or
Wrap

Turkey Sandwich
or Wrap

Buffalo Chicken
Wrap

Tuna or
Egg Salad
Sandwich or Wrap

Served Daily

- ◆ Chicken Caesar salad
- ◆ Soynut butter* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

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Happy Thanksgiving

Any questions email Nicky Boehm at nboehm@bhbl.org or call 518-399-9141 x85003

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