

BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

April 2018

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

	MONDAY 4/9 & 4/23	TUESDAY 4/10 & 4/24	WEDNESDAY 4/11 & 4/25	THURSDAY 4/12 & 4/26	FRIDAY 4/13 & 4/27
DAILY CHOICE	Popcorn Chicken & Baked French Fries	Hot Ham & Cheese Croissant Sandwich	Nacho Supreme w/Tortilla Chips, Seasoned Beef, Rice, Corn, Cheese & Salsa	Mashed Potato Bowl with a Muffin	Bosco Cheese Filled Bread Sticks w/Dipping Sauce PF & V
GRILL	Burger or Cheeseburger on a WW Roll	Mac 'n' Cheese & a Hot Dog	Cheese Quesadilla w/Chips & Salsa	BBQ Rib Patty on a WW Roll	Mixed Italian Meats & Provolone Sandwich
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	Cheese or Pepperoni Pizza or a Chicken Patty on a WW Roll
SALADS	Chicken Caesar Salad	Nicoise Salad Tuna, hardboiled Egg & Olives	Chicken Caesar Salad	Asian Chicken Salad	Chicken Caesar Salad
DELI	Chicken Salad Sandwich or Wrap	Buffalo Chicken Wrap	Ham & Cheese Sandwich or Wrap	Turkey Sandwich or Wrap	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.

April 19, Half Day K-12, No Lunch Served

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.



BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

April 2018

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

MONDAY
4/16 & 4/30

TUESDAY
4/17

WEDNESDAY
4/18

THURSDAY
4/19

FRIDAY
4/20

DAILY CHOICE

Popcorn Chicken & Baked French Fries

Chicken Lo Mein

Chicken Parm & Spaghetti w/Garlic Bread

K-12 Half Day

Bosco Cheese Filled Bread Sticks with Dipping Sauce

GRILL

Burger or Cheeseburger on a WW Roll

General Tso's Chicken & Rice

Sweet Italian Sausage on a Roll

No Lunch Served

Chocolate Chip Pancakes w/Sausage

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

SALADS

Chicken Caesar Salad

Asian Chicken Salad

Nicoise Salad Tuna, hardboiled Egg & Olives

Chicken Caesar Salad

DELI

Ham and Cheese Sandwich or Wrap

Chicken Salad 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
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Food Service News

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

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