

# BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

## December 2017

### Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

|              | <b>MONDAY</b><br>12/11                                    | <b>TUESDAY</b><br>12/12   | <b>WEDNESDAY</b><br>12/13                                 | <b>THURSDAY</b><br>12/14                                  | <b>FRIDAY</b><br>12/15 & 12/1                             |
|--------------|---|---|---|---|---|
| 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                          | 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                | BBQ Rib Patty on a WW Roll                                | 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 | 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                                      | Chicken Caesar Salad  | Chicken Caesar Salad                                      | Chicken Caesar Salad                                      | Chicken Caesar Salad                                      |
| DELI         | Turkey Sandwich or Wrap                                   | Ham & Cheese Sandwich or Wrap   | Buffalo Chicken 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.*

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

December 5 Grades K-12 Half Day, Breakfast served, No Lunch

December 25 thru January 1, No School

- Holiday Recess

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

December 2017

**Prices:**

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**MONDAY**  
12/4 & 12/18

**TUESDAY**  
12/19

**WEDNESDAY**  
12/6 & 12/20

**THURSDAY**  
12/7 & 12/21

**FRIDAY**  
12/8 & 12/22

DAILY CHOICE

Chicken Nuggets  
w/Smiley Fries

Mashed Potato  
Bowl with a Muffin

Pasta and  
Meatballs w/Garlic  
Bread

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

Bosco Cheese  
Filled Bread Stick  
with Dipping Sau

GRILL

Cheeseburger on  
a WW Roll

Chocolate Chip  
Pancakes  
w/Sausage

Spicy Chicken Fillet  
on a  
WW Roll

Chicken Patty  
on a  
WW Roll

Chicken Patty  
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

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

Cheese or  
Pepperoni Pizza or  
a Chicken Patty on  
WW Roll

SALADS

Chicken Caesar  
Salad

Chicken Caesar  
Salad

Chicken Caesar  
Salad

Chicken Caesar  
Salad

Chicken Caesar  
Salad

DELI

Ham and Cheese  
Sandwich or  
Wrap

Turkey Sandwich  
or Wrap

Buffalo Chicken  
Wrap

Turkey Sandwich  
or Wrap

Tuna or  
Egg Salad  
Sandwich or Wra

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**Happy Holiday's!**

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

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