

BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

March 2018

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

	MONDAY 3/12 & 3/26	TUESDAY 3/27	WEDNESDAY 3/14 & 3/28	THURSDAY 3/1, 15 & 29	FRIDAY 3/2 & 3/17
DAILY CHOICE	Popcorn Chicken & Baked French Fries	Penne Pasta & Meatballs w/Garlic Bread	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	Spicy Chicken Patty on a WW Roll	Hot Dog on a WW Roll	BBQ Rib Patty on a WW Roll	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	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.

March 13, Half Day K-12, No Lunch Served

March 30, Good Friday, 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.



BURNT HILLS - BALLSTON LAKE
Middle School Lunch Menu

March 2018

Prices:

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- ◆ Milk: \$0.60

	MONDAY 3/5	TUESDAY 3/6	WEDNESDAY 3/7	THURSDAY 3/8	FRIDAY 3/9
DAILY CHOICE	France Croque Monsieur Croissant Sandwich	China Chicken Lo Mein	Italy Chicken Parm & Spaghetti w/Garlic Bread	Mexico Nacho Supreme	Sweden Swedish Meatballs & Noodles
GRILL	Quiche Laraine & Tomato Salad	General Tso's Chicken & Rice	Sweet Italian Sausage on a Roll	Cheese Quesadilla w/Chips & Salsa	Fish Patty on a WW Roll
PIZZA	Rustic Cheese or Pepperoni Pizza	Cheese Pizza	Cheese or Pepperoni Pizza	Mexican Style Pizza	Cheese Pizza
SALADS	Nicoise Salad	Asian Chicken Salad	Chicken Caesar Salad	Mexican Cobb Style Salad	Seafood Salad
DELI	Ham and Cheese Sandwich or Wrap	Seafood Wrap	Mixed Italian Meats & Provolone Sandwich	Chicken Fajita Style Wrap	Tuna or Egg Salad Sandwich or Wra

Served Daily

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Food Service News

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International Foreign Language Week, 5-9 March

We are doing some of our menu items from around the World, please join us.

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

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March 2018

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	MONDAY 3/19	TUESDAY 3/20	WEDNESDAY 3/21	THURSDAY 3/22	FRIDAY 3/23
DAILY CHOICE	Popcorn Chicken & Baked French Fries	Mashed Potato Bowl with a Muffin	Chicken Parm & Spaghetti w/Garlic Bread	Nacho Supreme w/Tortilla Chips, Seasoned Beef, Rice, Corn, Cheese & Salsa	Bosco Cheese Filled Bread Sticks with Dipping Sauce
GRILL	Burger or Cheeseburger on a WW Roll	Mini Cordon Blue w/Mashed Potato	Chocolate Chip Pancakes w/Sausage	Hot Dog on a WW Roll	Fish 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 a 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	Chicken Salad Sandwich or Wrap	Buffalo Chicken Wrap	Turkey Sandwich or Wrap	Tuna or Egg Salad Sandwich or wrap

Served Daily

- ◆ Chicken Caesar salad
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- ◆ Fresh fruits & vegetables
- ◆ 100% apple juice
- ◆ 1% white milk
- ◆ Non-fat white milk
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Food Service News

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March is National School Breakfast Week 5-9

Did you know?

Research shows that students who skip breakfast have shorter attention spans and do not do as well on tests. Make sure you have enough time to have a nutritious breakfast at home or at school.

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