

# BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

## May 2018

### Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

	<b>MONDAY</b> 5/14	<b>TUESDAY</b> 5/1, 15 & 29	<b>WEDNESDAY</b> 5/2, 16 & 30	<b>THURSDAY</b> 5/3, 17 & 31	<b>FRIDAY</b> 4/13 & 4/27
DAILY CHOICE	Pasta & Meatballs w/Garlic Bread	Popcorn Chicken Baked French Fries	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	Cheese Quesadilla w/Chips & Salsa	Hot Dog on a WW Roll w/all the Fixings	BBQ Rib Patty on a WW Roll	Meatball Sub
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	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.*

**May 11, Half Day K-12, No Lunch Served**

**May 28 Memorial Day, No School**

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.



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**MONDAY**  
5/7 & 5/21

**TUESDAY**  
5/8 & 5/22

**WEDNESDAY**  
5/9 & 5/23

**THURSDAY**  
5/10 & 5/24

**FRIDAY**  
5/11 & 5/25

DAILY CHOICE

Popcorn Chicken & Baked French Fries

Chicken & Broccoli Alfredo w/Garlic Bread

Chicken Parm & Spaghetti w/Garlic Bread

Nacho Supreme w/Tortilla Chips, Seasoned Beef, Rice, Corn,

Bosco Cheese Filled Bread Sticks with Dipping Sauce

GRILL

Burger or Cheeseburger on a WW Roll

General Tso's Chicken & Rice

Chicken & Biscuits

Chicken Cordon Blue Balls

Chocolate Chip Pancakes w/Sausage

PIZZA

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

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SALADS

Chicken Caesar Salad

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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

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

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