

BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

September 2017

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

MONDAY
9/18

TUESDAY
9/19

WEDNESDAY
9/20

THURSDAY
9/7

FRIDAY
9/8 & 9/22

DAILY CHOICE

Popcorn Chicken
w/Baked French
Fries

General Tso's
Chicken & Rice

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

Cheese Quesadilla
Chips & Salsa

Hot Dog with the
Works

Pancake, Egg,
Sausage &
Cheese Sandwich

Chicken Patty or
Breaded fish on a
WW Roll

PIZZA

Cheese or
Pepperoni Pizza

Cheese or
Pepperoni Pizza

Cheese or
Pepperoni Pizza

Cheese or
Pepperoni Pizza

Cheese or
Pepperoni Pizza

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

Chicken Salad
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.

Welcome Back!

We will be serving breakfast daily 7-30 to 8

September 6, 6th Grade Orientation
September 7, Classes Begin

Lunch served daily with the exception of
September 21, 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.



Middle School Lunch Menu

September 2017

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

	MONDAY 9/11 & 9/25	TUESDAY 9/12 & 9/26	WEDNESDAY 9/13 & 9/27	THURSDAY 9/14 & 9/28	FRIDAY 9/15 & 9/29
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, Cheese, Salsa	Bosco Cheese Filled Bread Sticks with Dipping Sauce
GRILL	Cheeseburger on a WW Roll	Mac n Cheese	Chicken Tender Snack Wrap	Hot Dog on a WW Roll w/all the Fixings	Chicken Patty or Breaded Fish on a WW Roll
PIZZA	Cheese or Pepperoni Pizza	Cheese or Pepperoni Pizza	Cheese or Pepperoni Pizza	Cheese or Pepperoni Pizza	Cheese or Pepperoni Pizza
SALADS	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chef 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 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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Food Service News

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Chicken Noodle Soup will be served daily in the month of September.

The free and reduced breakfast and lunch application form is coming home with students on the first day of school. It is also posted on the BHBL web site.

If you wish to apply, please fill the form in, including your signature and send it into Nicky Boehm FSD at the high school.

All students that were on the breakfast & lunch program last year will roll over into this school year until mid-October giving you time to send your new application in.

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

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