

BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

October 2017

Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

MONDAY
10/2, 16 & 30

TUESDAY
10/3, 17 & 31

WEDNESDAY
10/4 & 10/18

THURSDAY
10/5 & 10/19

FRIDAY
10/6

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

Hot Dog
on a
WW Roll

Chicken Cordon
Blue Minin's
w/Mashed Potato

Chocolate Chip
Pancakes
w/Sausage

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

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.

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

October 9, 2017 Columbus Day, No School
October 20, 2017 Grades 6 – 12 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.



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October 2017

Prices:

- ◆ Lunch: \$3.00
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MONDAY
10/23

TUESDAY
10/10 & 10/24

WEDNESDAY
10/11 & 10/25

THURSDAY
10/12 & 10/26

FRIDAY
10/13 & 10/27

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

Ham & Cheese
Filled Bosco Bread
Stick w/Hash
Browns

Spicy Chicken Fillet
on a WW Roll

Hot Dog on a WW
Roll w/all the
Fixings

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

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
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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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