

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## February 2018

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**  
2/1

**FRIDAY**  
2/2

DAILY CHOICE

GRILL

SALADS/DELI

SIDES

Spaghetti and  
Meatballs w/ Garlic  
Bread

Bosco Cheese Filled  
Bread Sticks w/  
Dipping sauce

Hot Dog  
on a  
WW Roll

French Toast Sticks  
& Sausage

Bagel w/American  
Cheese & yogurt

Tuna Salad  
on WW Bread

Fresh Green Salad,  
Broccoli, Pineapple  
and Fresh Fruit

Fresh Green Salad,  
Asst. Fresh Veggies  
Apple Sauce and  
Fresh Fruit

### Served Daily

- ◆ 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 always subject to change.*

February 8, Half Day K-5, No Lunch Served

February 10 thru 23, No School, Winter Recess

Please contact Food Service Director Nicky Boehm at [nboehm@bhbl.org](mailto:nboehm@bhbl.org) with any comments or suggestions

### DID YOU KNOW?

BH-BL lunches offer five components – protein, grain, vegetable, fruit and milk.



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	MONDAY 2/5	TUESDAY 2/6	WEDNESDAY 2/7	THURSDAY 2/8	FRIDAY 2/9
DAILY CHOICE	Chicken Nuggets w/Buttered Pasta  GF	Mac 'n' Cheese w/Sausage	Bosco Cheese Filled Bread Sticks w/Dipping Sauce	K-5 Half Day	Cheese or Pepperoni Pizza  PF
GRILL	Burger or Cheeseburger on a WW Roll	Chicken Pattie on a WW Roll	Chicken & Cheese Quesadilla w/ Rice	No Lunch Served	Pancakes, Egg Patty & Ham
SALADS/DELI	Hot Dog on a WW Roll	Bagel w/American Cheese and a Yogurt	Fresh Fruit Plate w/Cottage Cheese or Yogurt and a Muffin  GF, PF & V		Tuna Salad on a WW Roll
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Cucumber Slices, Mixed Fruit and Fresh Fruit	Fresh Green Salad, Baby Carrots, Pineapple and Fresh Fruit		Fresh Green Salad, Broccoli, Apple Sauce and Fresh Fruit

### Served Daily

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**MONDAY**  
2/26

**TUESDAY**  
2/27

**WEDNESDAY**  
2/28

**THURSDAY**

**FRIDAY**

DAILY CHOICE

Chicken Nuggets  
w/Mashed Potato

GF

Toasted Cheese  
w/Chicken Noodle  
Soup

Cheese or Pepperoni  
Pizza

PF

GRILL

French Toast Sticks  
w/Sausage

GF

Chicken Pattie  
on a WW Roll

Waffles w/Fruit and  
Whipped Topping and  
Sausage

GF

SALADS/DELI

Hot Dog on a WW  
Roll

Ham & Cheese  
Wrap

Fresh Fruit Plate  
w/Cottage Cheese or  
Yogurt and a Muffin

GF, PF & V

SIDES

Fresh Green Salad,  
Corn, Peaches and  
Fresh Fruit

Fresh Green Salad,  
Cucumber Slices,  
Mixed Fruit and  
Fresh Fruit

Fresh Green Salad,  
Baby Carrots, Apple  
Sauce and Fresh Fruit

### Served Daily

- ◆ Soy nut butter\* & jelly sandwich
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	MONDAY 2/12	TUESDAY 2/13	WEDNESDAY 2/14	THURSDAY 2/15	FRIDAY 2/16
DAILY CHOICE	Chicken nuggets and Smiley Fries  GF	Spaghetti and Meatballs w/ Garlic Bread	Cheese or Pepperoni Pizza Jello  PF	Nacho Supreme w/Tortilla Chips, Seasoned Beef, Lettuce, Salsa & Cheese	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V
GRILL	French Toast Sticks w/ Sausage	Chicken Patty on a WW Roll	Meatball Sub Jello	Hot Dog on a WW Roll	Waffles w/Fruit, Whipped Topping and Sausage  GF
SALADS/DELI	Hot Dog on a WW Roll	Bagel w/American Cheese and a Yogurt	Fresh Fruit Platter w/ yogurt and a Muffin & Jello  PF, GF & V	Chicken Pattie on a Salad	Tuna Salad on WW Bread
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Cucumber Slices, Mixed Fruit and Fresh Fruit	Fresh Green Salad, Baby Carrots, Pears and Fresh Fruit	Fresh Green Salad, Corn, Pineapple and Fresh Fruit	Fresh Green Salad, Asst. Fresh Veggies & Dip, Apple Sauce and Fresh Fruit

### Served Daily

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February 14, Happy Valentine's Day!

Nicola Boehm FSD [nboehm@bhbl.org](mailto:nboehm@bhbl.org)

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