

# BURNT HILLS - BALLSTON LAKE Elementary School Lunch Menu

## May 2018

### Prices:

- ◆ Lunch: \$2.75
- ◆ Milk: \$0.60

### MONDAY

### TUESDAY 5/1

### WEDNESDAY 5/2

### THURSDAY 5/3

### FRIDAY 5/4

#### DAILY CHOICE

Toasted Cheese  
w/ Tomato Soup

Cheese or Pepperoni  
Pizza

Spaghetti & Meat  
Sauce w/Garlic  
Bread

Bosco Cheese Filled  
Bread Sticks  
w/Dipping Sauce

PF & V

PF & GF

PF & V

#### GRILL

Chicken Patty on a  
WW Roll

Waffles w/Fresh Fruit,  
Whipped Topping and  
Sausage  
GF

Chicken & Cheese  
Quesadilla

Pancakes  
w/Sausage

GF

#### SALADS/DELI

Fresh Fruit Plate w/  
String Cheese or a  
Yogurt & a Muffin  
GF

Chicken Patty  
Salad

Bagel w/ American  
Cheese & a yogurt

Tuna on a WW Roll

#### SIDES

Fresh Green Salad,  
Celery sticks &  
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,  
Hummus & Veggies,  
Apple Sauce and  
Fresh Fruit

### Served Daily

- ◆ Soynut butter\* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 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.*

**May 11, Half Day K-12, no lunch served**

**May 28, Memorial Day, no school**

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 5/7	TUESDAY 5/8	WEDNESDAY 5/9	THURSDAY 5/10	FRIDAY 5/11
DAILY CHOICE	Chicken Nuggets w/Seasoned Rice & a WW Dinner Roll  GF	Nacho Supreme w/Tortilla Chips, Seasoned beef, Lettuce, Salsa & Cheese	Cheese or Pepperoni Pizza  PF & GF	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V	K-12  Half Day
GRILL	French Toast Sticks w/Sausage  GF	Hot Dog on a WW Roll	Chicken Patty on a WW Roll	Pancakes & Sausage  GF	No Lunch  Served
SALADS/DELI	Turkey on a WW Roll	Bagel w/American Cheese and a Yogurt  GF & V	Fresh Fruit Plate w/Cottage Cheese or a Yogurt and a Muffin GF	Chicken Patty Salad	
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Corn, Pears and Fresh Fruit	Fresh Green Salad, Baby Carrots, Fruit Juice and Fresh Fruit	Fresh Green Salad, Hummus & Veggies, Pineapple and Fresh Fruit	

### Served Daily

- ◆ Soy nut butter\* & jelly sandwich
- ◆ Fresh fruits & vegetables
- ◆ 1% white milk
- ◆ Non-fat white milk
- ◆ Non-fat chocolate milk

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*Please note: Our menus are always subject to change.*

*Please let us know ahead of time if your child would like the Gluten Free options, send me a quick email or let the kitchen manager know, thank you.*

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## May 2016

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	MONDAY 5/14	TUESDAY 5/15	WEDNESDAY 5/16	THURSDAY 5/17	FRIDAY 5/18
DAILY CHOICE	Chicken Nuggets w/ Tator Tots  GF	Mac n Cheese w/ Sausage  GF	Stuffed Crust Cheese Pizza  GF & PF	Spaghetti and Meat Sauce w/Garlic Bread	Chicken n Cheese Quesadilla
GRILL	Burger or Cheeseburger on a WW Roll GF	Pancakes w/Sausage  GF	Chicken Patty on a WW Roll	BBQ Rib Pattie on a WW Roll	Waffles Sticks w/Syrup and Sausage
SALADS/DELI	Ham & Cheese on a WW Roll	Bagel & American Cheese w/Yogurt GF	Fresh Fruit Plate w/Yogurt and a Muffin  PF, GF & V	Chicken Patty Salad	Tuna Salad on WW Roll
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Baby Carrots, Pears and Fresh Fruit	Fresh Green Salad, Carrot Coins, Mixed Fruit, Fresh Fruit	Fresh Green Salad, Corn, Pineapple and Fresh Fruit	Fresh Green Salad, Fresh Veggies & Hummus, 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

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### Food Service News

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Nicky Boehm Food Service Director  
[nboehm@bhbl.org](mailto:nboehm@bhbl.org)

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	MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/23	THURSDAY 5/24	FRIDAY 5/25
DAILY CHOICE	Chicken Nuggets and Smiley Fries  GF	Chicken Parm w/Penne Pasta & Garlic Bread	Cheese or Pepperoni Pizza  PF & GF	Lasagna Cheese Roll Ups, w/ Meatballs & Garlic Bread	Bosco Cheese Filled Bread Sticks w/Dipping Sauce  PF & V
GRILL	French Toast w/Sausage  GF	Hot Dog on a WW Roll	Mini Choc. Chip Pancakes w/ Sausage	Chicken Patty on a WW Roll	Waffles w/Strawberries & Whipped Topping w/Sausage GF
SALADS/DELI	Turkey/Ham Sub Club	Chicken Patty Salad	Fresh Fruit Platter w/Yogurt and a Muffin  PF, GF & V	Bagel w/ American Cheese and a yogurt  GF	Tuna on a WW Roll  GF
SIDES	Fresh Green Salad, Green Beans, Peaches and Fresh Fruit	Fresh Green Salad, Cucumber Slices, Mixed Fruit and Fresh Fruit	Fresh Green Salad, Broccoli, Pears and Fresh Fruit	Fresh Green Salad, Corn, Pineapple and Fresh Fruit	Fresh Green Salad, Baby Carrots, Mixed Fruit and Fresh Fruit

### Served Daily

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### Food Service News

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No School March 25, Good Friday

GF = Gluten Free  
PF = Peanut Tree Nut Free  
V = Vegetarian  
WW = Whole Wheat

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

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**MONDAY**  
5/28

**TUESDAY**  
5/29

**WEDNESDAY**  
5/30

**THURSDAY**  
5/31

**FRIDAY**

DAILY CHOICE

**Memorial Day**

Chicken Nuggets  
w/Buttered Pasta

Cheese or Pepperoni  
Pizza

Nacho Supreme  
w/Tortilla Chips,  
Seasoned Beef,  
Lettuce, Salsa &  
Cheese

GRILL

**No School**

Pancakes  
w/Sausage  
GF

Brunch Bagel  
w/Sausage, Egg &  
Cheese  
GF

Hot Dog  
on a WW Roll

SALADS/DELI

Turkey & Cheese  
Wrap

Egg Salad  
on a WW Roll

Fresh Fruit Plate  
w/Cottage Cheese  
and a Muffin

GF

GF, PF & V

SIDES

Fresh Green Salad,  
Green Beans, Peaches  
and Fresh Fruit

Fresh Green Salad,  
Baby Carrots, Pears  
and Fresh Fruit

Fresh Green Salad,  
Corn, Pineapple  
and Fresh Fruit

### Served Daily

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