

# BURNT HILLS - BALLSTON LAKE Middle School Lunch Menu

## January 2018

### Prices:

- ◆ Lunch: \$3.00
- ◆ Milk: \$0.60

	<b>MONDAY</b> 1/29	<b>TUESDAY</b> 1/2, 16 & 30	<b>WEDNESDAY</b> 1/3, 17 & 31	<b>THURSDAY</b> 1/4 & 1/18	<b>FRIDAY</b> 1/5 & 1/19
<b>DAILY CHOICE</b>	Chicken Nuggets & Smiley Fries	Penne Pasta & Meatballs w/Garlic Bread	Popcorn Chicken & Baked French Fries	Mashed Potato Bowl with a Muffin	Bosco Cheese Filled Bread Sticks w/Dipping Sauce PF & V
<b>GRILL</b>	Spicy Chicken Patty on a WW Roll	Hot Dog on a WW Roll	Burger or Cheeseburger on a WW Roll	BBQ Rib Patty on a WW Roll	Chicken Patty or Breaded Fish on a WW Roll
<b>PIZZA</b>	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
<b>SALADS</b>	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad
<b>DELI</b>	Turkey 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.*

### Happy New Year!

**January 15, Martin Luther King Jr 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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	<b>MONDAY</b> 1/8 & 1/22	<b>TUESDAY</b> 1/9 & 1/23	<b>WEDNESDAY</b> 1/10 & 1/24	<b>THURSDAY</b> 1/11 & 1/25	<b>FRIDAY</b> 1/12 & 1/26
<b>DAILY CHOICE</b>	Chicken Tender Snack Wrap	Mashed Potato Bowl with a Muffin	Chicken Parm & Spaghetti w/Garlic Bread	Nacho Supreme w/Tortilla Chips, Seasoned Beef, Rice, Corn, Cheese & Salsa	Bosco Cheese Filled Bread Sticks with Dipping Sauce
<b>GRILL</b>	Grilled Cheese & Chicken Noddle Soup	Mini Cordon Blue w/Mashed Potato	Chocolate Chip Pancakes w/Sausage	Hot Dog on a WW Roll	Fish Patty on a WW Roll
<b>PIZZA</b>	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
<b>SALADS</b>	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad
<b>DELI</b>	Ham and Cheese Sandwich or Wrap	Turkey 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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