

# Ballington Academy September 2022 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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Closed

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**Breakfast**

W Home Baked Whole Grain Lemon Waffles  
Whole Fresh Fruit  
Milk

**Lunch**

W Turkey Spaghetti Bolognese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

A2 Organic Vanilla Yogurt  
W Home Baked Mini Muffin

**Breakfast**

W Home Baked Cocoa Breakfast Roll  
Whole Fresh Fruit  
Milk

**Lunch**

W V Cheesiest Pizza  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Homemade Soft Pizza Pretzel Stick

**Breakfast**

W Home Baked French Toast Sticks  
Whole Fresh Fruit  
Milk

**Lunch**

W Breakfast Cereal  
W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

**Breakfast**

W Soft Cream Cheese Stuffed Poppy Seed Bagel Bite  
Whole Fresh Fruit  
Milk

**Lunch**

W Breakfast Cereal  
W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

**Breakfast**

W Breakfast Burrito  
Whole Fresh Fruit  
Milk

**Lunch**

W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

A2 Organic Vanilla Yogurt  
W Home Baked Mini Muffin

**Breakfast**

W Savory Turkey and Pepper Breakfast Muffin  
Whole Fresh Fruit  
Milk

**Lunch**

W V Deep Dish Veggie & Cheese Pizza  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Maple Roasted Sunflower & Pumpkin Seeds  
Whole Fresh Fruit

**Breakfast**

W Home Baked Cocoa Breakfast Roll  
Whole Fresh Fruit  
Milk

**Lunch**

W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats Cereal

**Breakfast**

W Home Baked Raisin Breakfast Round  
Whole Fresh Fruit  
Milk

**Lunch**

W Turkey Chili Con Carne + Vegetables  
W V Brown Rice  
Fresh Fruit  
Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Home Baked Soft Rolled Oat Biscuit

**Breakfast**

W Home Baked Whole Grain Maple Waffle  
Whole Fresh Fruit  
Milk

**Lunch**

W BBQ Beef & Brown Rice  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

A2 Organic Vanilla Yogurt  
W Home Baked Mini Muffin

**Breakfast**

W Savory Turkey and Pepper Breakfast Muffin  
Whole Fresh Fruit  
Milk

**Lunch**

W V Cheesiest Pizza  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Homemade Soft Pizza Pretzel Stick

**Breakfast**

W Home Baked Muffin  
Whole Fresh Fruit  
Milk

**Lunch**

W Natural Chicken Tenders  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

**Breakfast**

W Home Baked Squares  
Whole Fresh Fruit  
Milk

**Lunch**

W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Homemade Mini Empanadas

**Breakfast**

W Home Baked Applesauce Muffin  
Whole Fresh Fruit  
Milk

**Lunch**

W Chicken Tikka Masala + Brown Rice  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Homemade Brazilian Cheese and Coconut Stick

**Breakfast**

W Home Baked Squares  
Whole Fresh Fruit  
Milk

**Lunch**

W Homemade Burrito  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Home Baked Delimanjoo

**Breakfast**

W Home Baked KuKu Squares  
Whole Fresh Fruit  
Milk

**Lunch**

Southwest Chicken Stew  
W V Brown Rice  
Fresh Fruit  
Milk

**P.M. Snack**

W Homemade Brazilian Cheese and Coconut Stick

**Breakfast**

W Home Baked Mini Muffin  
Whole Fresh Fruit  
Milk

**Lunch**

W V Three Cheese Burrito  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Homemade Mini Empanadas

**Breakfast**

W Home Baked Carrot Ginger Muffin  
Whole Fresh Fruit  
Milk

**Lunch**

W Chicken, Spinach & Cheese Burrito  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Homemade Brazilian Cheese and Coconut Stick

**Breakfast**

W Home Baked Squares  
Whole Fresh Fruit  
Milk

**Lunch**

W V Mac & Cheese  
Steamed/Fresh Vegetables  
Fresh Fruit  
Milk

**P.M. Snack**

W Homemade Mini Empanadas

Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- Lowfat (1% milk served at ALL breakfast, Lunch and Supper meals. All Milk served is rBST-free.
- This institution is an equal opportunity provider.



Just some of the vegetables this month: Artichokes arugula Asian greens avocado beets bok choy broccoli rabe Brussels sprouts green bean cabbage carrots cauliflower chard celery corn cucumber collard cross eggplant endive kale leeks lettuce mushrooms mustard okra olives onion peas peppers potato radicchio radishes scallions spinach summer squash sunchoke sweet tomatillo tomato turnips Seasonal Vegetables



Just some of the fruits this month: *Apple avocado Asian pear blackberry cactus dates figs grapes kiwi lemon melon nectarine oranges peaches plums pluots quince raspberries strawberry Seasonal Fruits*

**NEW** = New menu offering **W** = Whole Grain Rich **V** = Vegetarian Menu Option