

LUNCH

Menu Subject to Change
Based on Availability

A wide variety of Fresh Fruits and Vegetables offered daily

SEPTEMBER 2022

Ballington Academy



Monday

Tuesday

Wednesday

Thursday

Friday



Choice of 1% unflavored white or non-fat chocolate milk offered with each meal



Grilled Cheese Sandwich
Green Beans
Fruit & Vegetable Bar **6**

Pepperoni Pizza
Corn
Fruit & Vegetable Bar **7**

Bean & Cheese Burrito
Corn
Fruit & Vegetable Bar **1**

Chicken Nuggets
Carrots
Fruit & Vegetable Bar **2**

Taco Salad
Pinto Beans
Fruit & Vegetable Bar **8**

Ham & Cheese Sub
Sun Chips
Fruit & Vegetable Bar **9**

Chicken Parm w/ Spaghetti
Green Beans
Fruit & Vegetable Bar **12**

Al Pastor w/ Spanish Rice
Refried Beans
Fruit & Vegetable Bar **13**

Chicken Burger
Carrots
Fruit & Vegetable Bar **14**

Breakfast for Lunch
Tater Tots
Fruit & Vegetable Bar **15**

Orange Chicken w/ Seasoned Rice
Steamed Broccoli
Fruit & Vegetable Bar **18**

Cheesy Breadsticks w/ Marinara Sauce
Fruit & Vegetable Bar **19**

Popcorn Chicken w/ Mashed Potatoes & Gravy
Fruit & Vegetable Bar **20**

Cheeseburger
Oven Baked Fries
Fruit & Vegetable Bar **21**

Meatloaf w/ Biscuit
Mashed Potatoes w/ Gravy
Fruit & Vegetable Bar **22**

Chicken & Waffles
Green Beans
Fruit & Vegetable Bar **23**

Pepperoni Pizza
Oven Baked Fries
Fruit & Vegetable Bar **26**

Teriyaki Chicken w/ Seasoned Rice
Carrots
Fruit & Vegetable Bar **27**

Nachos
Pinto Beans
Fruit & Vegetable Bar **28**

Chicken Alfredo w/ Garlic Bread
Steamed Broccoli
Fruit & Vegetable Bar **29**

Hot Dog
Baked Beans
Fruit & Vegetable Bar **30**

This institution is an Equal Opportunity Provider