



Menu Subject to Change
Based on Availability

OCTOBER 2022

Volunteers of America-Ballington Academy



Monday	Tuesday	Wednesday	Thursday	Friday
Popcorn Chicken Mashed Potatoes Fruit & Vegetable Bar 3	Spaghetti w/ Meatsauce & Texas Toast Carrots Fruit & Vegetable Bar 4	Cheeseburger Oven Baked Fries Fruit & Vegetable Bar 5	Nachos Green Beans Fruit & Vegetable Bar 6	Turkey & Cheese Croissant Zucchini Coins Fruit & Vegetable Bar 7
Uncrustable String Cheese Sun Chips Celery Sticks Fruit & Vegetable Bar 10	Breakfast for Lunch Tater Tots Fruit & Vegetable Bar 11	Chicken Fajita w/ Spanish Rice Refried Beans Fruit & Vegetable Bar 12	Chicken Burger Carrots Fruit & Vegetable Bar 13	Corn Dog Baked Beans Fruit & Vegetable Bar 14
Chicken & Gravy w/ Mashed Potatoes Fruit & Vegetable Bar 17	Grilled Cheese Sandwich Green Beans Fruit & Vegetable Bar 18	Pepperoni Pizza Corn Fruit & Vegetable Bar 19	Taco Salad Pinto Beans Fruit & Vegetable Bar 20	Ham & Cheese Sub Sun Chips Fruit & Vegetable Bar 21
Chicken Parm w/ Spaghetti Green Beans Fruit & Vegetable Bar 24	Al Pastor w/ Spanish Rice Refried Beans Fruit & Vegetable Bar 25	Chicken Nuggets Corn Fruit & Vegetable Bar 26	Hot Dog Tater Tots Fruit & Vegetable Bar 27	Orange Chicken w/ Seasoned Rice Steamed Broccoli Fruit & Vegetable Bar 28
Cheesy Breadsticks w/ Marinara Sauce Corn Fruit & Vegetable Bar 31				

This institution is an Equal Opportunity Provider