

Ballington Academy November 2022 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

01
Breakfast W Home Baked Cinnamon Raisin Muffin Orange Milk Lunch W Chicken Fried Rice Green Beans Chefables Seasonal Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick

07
Breakfast W Breakfast Cereal Apple Milk Lunch W Natural Chicken Tenders Beans + Orzo Salad Pear Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers

14
Breakfast W Breakfast Cereal Apple Milk Lunch W Natural Chicken Tenders Beans + Orzo Salad Pear Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers

21
Closed

28
Breakfast W Breakfast Cereal Apple Milk Lunch W Natural Chicken Tenders Beans + Orzo Salad Pear Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Crackers

08
Breakfast W Home Baked Cocoa Chip Muffin Orange Milk Lunch W Turkey Spaghetti Bolognese Green Beans Chefables Seasonal Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick

15
Breakfast W Home Baked Muffin Orange Milk Lunch W Chicken Tikka Masala + Brown Rice Peas Chefables Seasonal Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick

22
Closed

29
Breakfast W Home Baked Carrot Ginger Muffin Apple Milk Lunch W Chicken, Spinach & Cheese Burrito Green Beans Chefables Seasonal Fruit Milk P.M. Snack W Homemade Brazilian Cheese and Coconut Stick

30
Breakfast W Home Baked Squares Apple Milk Lunch W Mac & Cheese Roasted Carrots Pear Milk P.M. Snack W Homemade Mini Empanadas

02
Breakfast W Home Baked Squares Apple Milk Lunch W Turkey Mac & Cheese Peas Pear Milk P.M. Snack W Homemade Mini Empanadas

09
Breakfast W Home Baked Squares Apple Milk Lunch W Mac & Cheese Broccoli Slaw Pear Milk P.M. Snack W Homemade Mini Empanadas

16
Breakfast W Home Baked Squares Apple Milk Lunch W Spinach + Cheese Ravioli Zucchini Pear Milk P.M. Snack Chefables Very Own Cheese Sticks W Home Baked Delimanjoo

23
Closed

30
Breakfast W Home Baked Squares Apple Milk Lunch W Mac & Cheese Roasted Carrots Pear Milk P.M. Snack W Homemade Mini Empanadas

03
Breakfast W Home Baked Whole Grain Waffles Orange Milk Lunch W Beef, Butternut Squash Burrito Broccoli Chefables Seasonal Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal

10
Breakfast W Home Baked French Toast Sticks w/ Dried Fruit Orange Milk Lunch W Pretzel Stuffed Cheese + Chicken Bun Roasted Carrots Chefables Seasonal Fruit Milk P.M. Snack A2 Organic Vanilla Yogurt W Yummy Chefables Rolled Oats Cereal

17
Breakfast W Home Baked Corn Bread Waffles Orange Milk Lunch W Mac & Cheese Collard Greens Chefables Seasonal Fruit Milk P.M. Snack A2 Lemon Poppy Seed Yogurt W Home Baked Mini Muffin

24
Closed

30
Breakfast W Home Baked Squares Apple Milk Lunch W Mac & Cheese Roasted Carrots Pear Milk P.M. Snack W Homemade Mini Empanadas

04
Breakfast W Home Baked Fresh Pear Lemon Square Apple Milk Lunch Grilled Chicken Sandwich W WW Bun / Roll Honey Mustard Carrots Pear Milk P.M. Snack Chefables Very Own Cheese Sticks W Homemade Soft Pizza Pretzel Stick

11
Closed

18
Breakfast W Home Baked Banana Breakfast Roll Apple Milk Lunch W Turkey Sausage Roll Roasted Garnet Yams Pear Milk P.M. Snack W Maple Roasted Sunflower & Pumpkin Seeds Chefables Raisins

25
Closed

30
Breakfast W Home Baked Squares Apple Milk Lunch W Mac & Cheese Roasted Carrots Pear 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: Artichoke arugula Asian green avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens cucumber kale leeks lettuce mushroom okra onion parsnip peas peppers potato radishes rhubarb rutabaga scallions spinach winter squash sunchoke sweet tomatillo tomatoes turnips

Just some of the fruits this month: Apples Asian pear cactus dates grapes guava kiwi kumquats lemons limes mandarins oranges persimmons plums pomegranates pomelo quince strawberries