

# Ballington Academy January 2023 Menu



## Monday

02

Closed

09

### 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

16

Closed

23

### 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

30

### 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

## Tuesday

03

### Breakfast

W Breakfast Cereal  
Orange  
Milk

### Lunch

W Natural Chicken Tenders  
Corn  
Apple  
Milk

Beans + Orzo Salad

Chefables Seasonal Fruit

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

10

### Breakfast

W Home Baked Confetti Breakfast  
Muffin  
Orange  
Milk

### Lunch

W Homemade Burrito  
Green Beans  
Chefables Seasonal Fruit

Milk

### P.M. Snack

W Homemade Brazilian Cheese and  
Coconut Stick

17

### Breakfast

W Breakfast Cereal  
Orange  
Milk

### Lunch

W Natural Chicken Tenders  
Beans + Orzo Salad  
Chefables Seasonal Fruit  
Milk

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

24

### Breakfast

W Soft Cream Cheese Stuffed  
Cinnamon Raisin Bagel Bite  
Orange  
Milk

### Lunch

W Mac & Cheese  
Broccoli  
Chefables Seasonal Fruit

Milk

### P.M. Snack

W Homemade Brazilian Cheese and  
Coconut Stick

31

### Breakfast

W Home Baked Mixed Berry Muffin  
Orange  
Milk

### Lunch

W Sesame Chicken & Brown Rice  
Broccoli  
Chefables Seasonal Fruit  
Milk

### P.M. Snack

W Homemade Brazilian Cheese and  
Coconut Stick

## Wednesday

04

### Breakfast

W Home Baked Squares  
Apple  
Milk

### Lunch

W V Turkey Mac & Cheese  
Peas  
Pear  
Milk

### P.M. Snack

W Homemade Mini Empanadas

11

### Breakfast

W Home Baked Squares  
Apple  
Milk

### Lunch

W V Mac & Cheese  
Broccoli  
Pear  
Milk

### P.M. Snack

W Homemade Mini Empanadas

18

### Breakfast

W Home Baked Schneck Muffin  
Fruit Cup  
Milk

### Lunch

W V Spinach + Cheese Ravioli  
Broccoli  
Pear  
Milk

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Delimanjoo

25

### Breakfast

W Home Baked Muffin  
Apple  
Milk

### Lunch

W V Cheese + Bean Burrito  
Roasted Carrots  
Pear  
Milk

### P.M. Snack

W Homemade Mini Empanadas

## Thursday

05

### Breakfast

W Home Baked Muffin  
Orange  
Milk

### Lunch

W V Deep Dish Veggie & Cheese  
Pizza  
Green Beans  
Chefables Seasonal Fruit

Milk

### P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

12

### Breakfast

W Home Baked Muffin  
Orange  
Milk

### Lunch

V Chefables "Possible" Burger  
W V WW Bun / Roll  
Roasted Carrots  
Chefables Seasonal Fruit

Milk

### P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

19

### Breakfast

W Home Baked Rolla Roll with  
Lemon Cream  
Orange  
Milk

### Lunch

W Spanish Chicken & Rice Entrée  
Roasted Carrots  
Chefables Seasonal Fruit  
Milk

### P.M. Snack

A2 Lemon Poppy Seed Yogurt  
W Home Baked Mini Muffin

26

### Breakfast

W Home Baked Squares  
Orange  
Milk

### Lunch

W Turkey Spaghetti Bolognese  
Peas  
Chefables Seasonal Fruit  
Milk

### P.M. Snack

A2 Lemon Poppy Seed Yogurt  
W Home Baked Mini Muffin

## Friday

06

### Breakfast

W Home Baked Vanilla Lemon  
Breakfast Roll  
Apple  
Milk

### Lunch

W Chicken Fried Rice  
Honey Mustard Carrots  
Pear  
Milk

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Homemade Soft Pizza Pretzel  
Stick

13

### Breakfast

W Home Baked Cocoa Chip  
Breakfast Squares  
Apple  
Milk

### Lunch

Beef & Vegetable Stew  
W V Brown Rice  
Pear  
Milk

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

20

### Breakfast

W Home Baked Black + White  
Breakfast Squares  
Pear  
Milk

### Lunch

Homemade Turkey Meatloaf  
W V WW Bun / Roll  
Tater Tots  
Pear  
Milk

### P.M. Snack

W Maple Roasted Sunflower &  
Pumpkin Seeds  
Chefables Raisins

27

### Breakfast

W Home Baked Lemon Breakfast  
Roll  
Apple  
Milk

### Lunch

W Turkey Chili Con Carne +  
Vegetables  
W V Home Baked Corn Bread  
Muffin

### P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

### 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: Asian greens beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard collard celery ginger root kale leeks lettuce mushrooms mustard onion parsnips potatoes radicchio radishes rutabagas scallions spinach sunchoke shallots squash (winter) sweet potato turnips



Just some of the fruits this month: Apple Asian pear dates kiwi persimmon Cherimoyas Citrons Grapefruit kumquat lemon limes mandarin oranges pomelos

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