

# Ballington Academy February 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

**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

07

**Breakfast**

W Savory Turkey and Pepper

Breakfast Muffin

Orange

Milk

**Lunch**

W Turkey Chili Con Carne +

Vegetables

W V Home Baked Corn Bread

Muffin

Chefables Seasonal Fruit

Milk

**P.M. Snack**

W Homemade Brazilian Cheese and

Coconut Stick

08

**Breakfast**

W Home Baked Cinnamon Cocoa

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Apple

Milk

**Lunch**

W V Mac & Cheese

Collard Greens

Pear

Milk

**P.M. Snack**

W Homemade Mini Empanadas

09

**Breakfast**

W Home Baked Muffin

Orange

Milk

**Lunch**

V Chefables "Possible" Burger

W V WW Bun / Roll

Peas

Chefables Seasonal Fruit

Milk

**P.M. Snack**

A2 Organic Vanilla Yogurt

W Yummy Chefables Rolled Oats

Cereal

10

**Breakfast**

W Home Baked Cocoa Chip

Breakfast Squares

Apple

Milk

**Lunch**

W V Cheese Pupasas

Roasted Garnet Yams

Pear

Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks

W Home Baked Crackers

13

Closed

14

**Breakfast**

W Home Baked Mixed Berry Muffin

Orange

Milk

**Lunch**

W Turkey Spaghetti Bolognese

Broccoli

Chefables Seasonal Fruit

Milk

**P.M. Snack**

W Homemade Mozzarella Filled

Soft Pretzel Roll

15

**Breakfast**

W Home Baked Mandelbrot

Apple

Milk

**Lunch**

W Ancho Chili & Chicken, Sour

Cream & Brown Rice Burrito

Corn

Pear

Milk

**P.M. Snack**

Chefables Very Own Cheese Sticks

W Home Baked Delimanjoo

16

**Breakfast**

W Home Baked Cocoa Schnecken

Roll

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

17

**Breakfast**

W Home Baked Squares

Apple

Milk

**Lunch**

Homemade Turkey Meatloaf

W V WW Bun / Roll

Ukrainian Braised Cabbage

Pear

Milk

**P.M. Snack**

W Homemade Brazilian Cheese and

Coconut Stick

20

Closed

21

**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

22

**Breakfast**

W Home Baked Muffin

Apple

Milk

**Lunch**

W V Cheese & Bean Burrito

Roasted Carrots

Pear

Milk

**P.M. Snack**

W Homemade Mini Empanadas

23

**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

24

Closed

27

**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

28

**Breakfast**

W Cheddar Cheese Topped Bagel

Orange

Milk

**Lunch**

W Turkey Spaghetti Bolognese

Broccoli

Chefables Seasonal Fruit

Milk

**P.M. Snack**

W Homemade Mozzarella Filled

Soft Pretzel Roll

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



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