

# Ballington Academy September 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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Closed

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## Breakfast

W Home Baked Squares  
Orange  
Milk

## Lunch

W V Mac & Cheese  
Broccoli  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

## Breakfast

W Home Baked Oat Breakfast BAR  
Orange  
Milk

## Lunch

W V Mac & Cheese  
Peas  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

## Breakfast

W Home Baked Cranberry Square  
Orange  
Milk

## Lunch

W V Mac & Cheese  
Roasted Carrots  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

A2 Lemon Poppy Seed Yogurt  
W Home Baked Mini Muffin

## Breakfast

W Over Night Oats - Cup  
Orange  
Milk

## Lunch

W V Mac & Cheese  
Collard Greens  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

## Breakfast

W Home Baked Squares  
Orange  
Milk

## Lunch

W V Egg & Mozzarella Burrito  
Roasted Carrots  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

A2 Organic Vanilla Yogurt  
W Yummy Chefables Rolled Oats  
Cereal

## Breakfast

W Breakfast Cereal  
Orange  
Milk

## Lunch

W Turkey Spaghetti Bolognese  
Roasted Garnet Yams  
Pear  
Milk

## P.M. Snack

W Home Baked Crackers  
Chefables Banana "Chips" (Dried  
Banana Slices)

## Breakfast

W Home Baked Mini Panettone  
Muffin  
Apple  
Milk

## Lunch

W Natural Chicken Tenders  
Beans + Orzo Salad  
Pear  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

## Breakfast

W Home Baked Vanilla Lemon  
Breakfast Roll  
Apple  
Milk

## Lunch

W Natural Chicken Tenders  
Beans + Orzo Salad  
Pear  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

## Breakfast

W Home Baked Muffin  
Apple  
Milk

## Lunch

W Natural Chicken Tenders  
Beans + Orzo Salad  
Pear  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

## Breakfast

W Home Baked Squares  
Orange  
Milk

## Lunch

W Natural Chicken Tenders  
Beans + Orzo Salad  
Pear  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

## Breakfast

W Home Baked Muffin  
Orange  
Milk

## Lunch

W BBQ Chicken & Brown Rice  
Green Beans  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

W Homemade Brazilian Cheese and  
Coconut Stick

## Breakfast

W Home Baked Squares  
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

## Breakfast

W Home Baked Squares  
Orange  
Milk

## Lunch

W Turkey Spaghetti Bolognese  
Corn  
Chefables Seasonal Fruit  
Milk

## P.M. Snack

W Homemade Brazilian Cheese and  
Coconut Stick

## Breakfast

W Home Baked French Toast Sticks  
w/ Dried Fruit  
Apple  
Milk

## Lunch

W Turkey Chorizo, Cheese,  
Cabbage & Brown Rice Burrito  
Roasted Garnet Yams  
Stone Fruit  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Crackers

## Breakfast

W Home Baked Lemon Ricotta  
Pancakes  
Apple  
Milk

## Lunch

W Turkey Sausage Roll  
Tater Tots  
Stone Fruit  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Delimanjoo

## Breakfast

W Home Baked Whole Grain  
Coconut Waffles  
Apple  
Milk

## Lunch

W Pretzel Stuffed Cheese +  
Chicken Bake Bun  
Tater Tots  
Stone Fruit  
Milk

## P.M. Snack

W Homemade Mini Empanadas

## Breakfast

W Home Baked French Toast Sticks  
Apple  
Milk

## Lunch

W V Deep Dish Cheese Pizza  
Green Beans  
Stone Fruit  
Milk

## P.M. Snack

Chefables Very Own Cheese Sticks  
W Home Baked Delimanjoo

### Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- This institution is an equal opportunity provider.
- Lowfat (1% milk or non-fat milk offered/served at ALL breakfast, and Lunch meals. All Milk served is rBST-free.



Just some of the vegetables this month: Arugula Asian greens avocado beets bok choy broccoli bean (green) cabbage carrots cauliflower chard celery corn cucumber collard eggplant kale leeks lettuces mushrooms mustard okra onion peas pepper (chile) potato radicchio radishes scallions spinach sprouts squash (summer) tomatillo tomato turnips Artichokes arugula rabe Brussels green cress endive olives peppers summer sunchoke sweet



Just some of the fruits this month: Apple avocado blackberry blueberry cactus pear grapes lemon melon mulberries nectarine oranges peaches plums pluots raspberries strawberry Asian dates figs kiwi quince

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