

Ballington Academy November 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

06

Breakfast
 W Breakfast Cereal of the Day
 Orange
 Milk
Lunch
 W Turkey Sausage Roll
 Collard Greens
 Pear
 Milk
P.M. Snack
 W Homemade Soft Pizza Pretzel Stick
 Chefables Banana "Chips" (Dried Banana Slices)

13

Breakfast
 W Breakfast Cereal of the Day
 Orange
 Milk
Lunch
 W Cold Caesar Chicken & Pasta Salad
 Pea Salad
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Yummy Chefables Rolled Oats Cereal

20

Closed

27

Breakfast
 W Breakfast Cereal of the Day
 Orange
 Milk
Lunch
 W Beef, Cilantro + Corn Burrito
 Roasted Carrots
 Pear
 Milk
P.M. Snack
 W Homemade "POP" Rice
 Chefables Banana "Chips" (Dried Banana Slices)

07

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

14

Breakfast
 W Home Baked Cheddar Brioche 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

21

Closed

28

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

01

Breakfast
 W Home Baked Squares
 Orange
 Milk
Lunch
 W Mezzi Rigatoni, Turkey, and Mozzarella
 Corn
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

08

Breakfast
 W Home Baked Squares
 Orange
 Milk
Lunch
 W Turkey Spaghetti Bolognese
 Green Beans
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 W Home Baked Delimanjoo
 Chefables Banana "Chips" (Dried Banana Slices)

15

Breakfast
 W Home Baked Squares
 Orange
 Milk
Lunch
 W Turkey Sausage Roll
 Tater Tots
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

22

Closed

29

Breakfast
 W Home Baked Squares
 Orange
 Milk
Lunch
 W Mac & Cheese
 Green Beans
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 W Homemade Brazilian Cheese and Coconut Stick

02

Breakfast
 W Home Baked Whole Grain Waffles
 Apple
 Milk
Lunch
 W Mac & Cheese
 Roasted Carrots
 Pear
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Crackers

09

Breakfast
 W Home Baked UBE Tres Leches Breakfast Square
 Apple
 Milk
Lunch
 W Mac & Cheese
 Roasted Carrots
 Pear
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Crackers

16

Breakfast
 W Home Baked Muffin of the day
 Apple
 Milk
Lunch
 W Homemade Cheese Ravioli in Tomato Sauce
 Peas
 Pear
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Crackers

23

Closed

30

Breakfast
 W Home Baked French Toast Sticks
 Apple
 Milk
Lunch
 W Roasted Chicken Alfredo w/Rigatoni pasta
 Corn
 Pear
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Delimanjoo

03

Breakfast
 W Cheddar Cheese Topped Bagel
 Orange
 Milk
Lunch
 W Roast Beef Sandwich
 Pea Salad
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 A2 Organic Vanilla Yogurt
 W Yummy Chefables Rolled Oats Cereal

10

Closed

17

Breakfast
 W Home Baked Squares
 Orange
 Milk
Lunch
 W Mac & Cheese
 Collard Greens
 Chefables Seasonal Fruit
 Milk
P.M. Snack
 Chefables Very Own Cheese Sticks
 W Home Baked Mini Muffin

24

Closed

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: 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 tomato tomatoes turnips corn eggplant beans summer/winter



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 blackberries figs jujubes melon peaches