

Ballington Academy December 2023 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

04

Breakfast

W Breakfast Cereal of the Day
Orange
Milk

Lunch

W Natural Chicken Tenders
Chickpea + Orzo Salad
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

11

Breakfast

W Breakfast Cereal of the Day
Orange
Milk

Lunch

W Natural Chicken Tenders
Beans + Orzo Salad
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

18

Closed

25

Closed

05

Breakfast

W Home Baked Carrot Ginger
Muffin
Apple
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)

12

Breakfast

W Home Baked Cheddar Corn
Bread Muffin
Apple
Milk

Lunch

W **V** Cheesiest Pizza
Tater Tots
Chefables Seasonal Fruit
Milk

P.M. Snack

W Homemade Brazilian Cheese and
Coconut Stick

19

Closed

26

Closed

06

Breakfast

W Home Baked Squares
Orange
Milk

Lunch

W **V** Mac & Cheese
Roasted Carrots
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

13

Breakfast

W Home Baked Squares
Orange
Milk

Lunch

W Turkey Chili + Brown Rice
Peas
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Mini Muffin

20

Closed

27

Closed

07

Breakfast

W Home Baked KuKu Squares
Apple
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

14

Breakfast

W Home Baked Muffin of the day
Apple
Milk

Lunch

W **V** Mac & Cheese
Roasted Carrots
Chefables Seasonal Fruit
Milk

P.M. Snack

W Homemade "POP" Rice
Chefables Banana "Chips" (Dried
Banana Slices)

21

Closed

28

Closed

01

Breakfast

W Cheddar Cheese Topped Bagel
Orange
Milk

Lunch

W **V** Cheesiest Pizza
Collard Greens
Pear
Milk

P.M. Snack

W Homemade Soft Pizza Pretzel
Stick
Chefables Banana "Chips" (Dried
Banana Slices)

08

Breakfast

W Cream Cheese Stuffed Cheddar
Bagel Bite
Orange
Milk

Lunch

W Roasted Chicken Alfredo
w/Rigatoni pasta
Bok Choy
Chefables Seasonal Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Homemade "POP" Rice

15

Breakfast

W Home Baked Pandan & Coconut
Waffle
Orange
Milk

Lunch

W Turkey Dumplings with Tomato
Sauce
Bok Choy
Pear
Milk

P.M. Snack

Closed

22

Closed

29

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 beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower celery chard collard greens kale leeks lettuce mushroom okra parsnip peppers radishes rutabaga scallions spinach winter squash sunchokes sweet potato tomatillo tomatoes turnips zucchini avocado cucumber onion peas rhubarb



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

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