

Ballington Academy February 2024 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

05

Breakfast

W Breakfast Cereal of the Day
Orange
Milk

Lunch

W Natural Chicken Tenders
Tater Tots
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

12

Closed

19

Closed

26

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W Natural Chicken Tenders
Corn
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

06

Breakfast

W Home Baked Cocoa Muffin
Orange
Milk

Lunch

W Turkey Spaghetti Bolognese
Green Beans
Chefables Seasonal Fruit
Milk

P.M. Snack

W Pumpkin Seed & Coconut Biscuit

13

Breakfast

W Home Baked Coconut Ube Muffin
Orange
Milk

Lunch

W Natural Chicken Tenders
Corn
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

20

Breakfast

W Breakfast Cereal of the Day
Orange
Milk

Lunch

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

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

27

Breakfast

W Home Baked Poblano Chile Corn Bread Muffin
Orange
Milk

Lunch

W Turkey Chili + Brown Rice
Tater Tots
Chefables Seasonal Fruit
Milk

P.M. Snack

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

07

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W V Mac & Cheese
Collard Greens
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

14

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W V Mac & Cheese
Collard Greens
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

21

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W Turkey Spaghetti Bolognese
Green Beans
Pear
Milk

P.M. Snack

W Pumpkin Seed & Coconut Biscuit

28

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W BBQ Beef & Brown Rice
Collard Greens
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

01

Breakfast

W Home Baked French Toast Sticks
Apple
Milk

Lunch

W All Beef HOT DOG on Honey WG Bun
Bagged Roasted Edamame
Chefables Seasonal Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers
W Yummy Chefables Rolled Oats Cereal

08

Breakfast

W Home Baked Lemon Ricotta Pancakes
Orange
Milk

Lunch

W Classic Chicken Sandwich on Honey WG Bun
Bagged Baby Carrots
Chefables Seasonal Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Yummy Chefables Rolled Oats Cereal

15

Breakfast

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

Lunch

W Chicken Corn Dog
Bagged Roasted Edamame
Chefables Seasonal Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Mini Muffin

22

Breakfast

W Asiago Cheese Topped Bagel
Apple
Milk

Lunch

W Beef Burger on Honey WG Bun
Bagged Baby Carrots
Chefables Seasonal Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Yummy Chefables Rolled Oats Cereal

29

Breakfast

W Home Baked Cocoa Pancakes
Orange
Milk

Lunch

W Chicken Corn Dog
Bagged Baby Carrots
Chefables Seasonal Fruit
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Yummy Chefables Rolled Oats Cereal

02

Breakfast

W Cheddar Cheese Topped Bagel
Orange
Milk

Lunch

W Homemade Burrito
Collard Greens
Apple
Milk

P.M. Snack

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

09

Breakfast

W Over Night Oats - Cup
Apple
Milk

Lunch

W V Sun Dried Tomato, Cheese and Bean Burrito
Refried Beans
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Homemade "POP" Rice

16

Breakfast

W Home Baked Black + White Breakfast Squares
Apple
Milk

Lunch

W Chicken Alfredo with Orecchiette Pasta
Roasted Carrots
Pear
Milk

P.M. Snack

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

23

Breakfast

W Hodge Podge (Rice Porridge)
Apple
Milk

Lunch

W Turkey Sausage Roll
Mashed Potatoes
Pear
Milk

P.M. Snack

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

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 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 ginger root shallots



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

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