

Ballington Academy April 2024 Menu



Monday

01

Breakfast

W Breakfast Cereal of the Day
Orange
Milk

Lunch

W Natural Chicken Tenders
Corn
Pear
Milk

P.M. Snack

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

08

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

15

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W Natural Chicken Tenders
Corn
Orange
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

22

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W Natural Chicken Tenders
Corn
Orange
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

29

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W Natural Chicken Tenders
Peas
Orange
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Crackers

Tuesday

02

Breakfast

W Home Baked Cheddar Corn
Bread Muffin
Orange
Milk

Lunch

W Orange Chicken & Brown Rice
Green Beans
Apple
Milk

P.M. Snack

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

09

Breakfast

W **NEW** Home Baked Honey Lemon Muffin
Orange
Milk

Lunch

W Turkey Spaghetti Bolognese
Black Bean + SW Veg Mix
Chefables Seasonal Fruit
Milk

P.M. Snack

W Pumpkin Seed & Coconut Biscuit

16

Breakfast

W Home Baked Pineapple Muffin
Orange
Milk

Lunch

W Chicken Verde + Cheese Burrito
Refried Beans
Apple
Milk

P.M. Snack

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

23

Breakfast

W Home Baked Poblano Chile Corn
Bread Muffin
Orange
Milk

Lunch

W BBQ Chicken & Brown Rice
Roasted Carrots
Apple
Milk

P.M. Snack

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

30

Breakfast

W **NEW** Home Baked Maple Cinnamon Muffin
Orange
Milk

Lunch

W Turkey Spaghetti Bolognese
Roasted Carrots
Apple
Milk

P.M. Snack

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

Wednesday

03

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W Turkey and Cheese Sandwich on Fresh Chibatta
Collard Greens
Pear
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

10

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W Chefables Sub Sandwich
Broccoli Slaw
Pear
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

17

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W **V** Cheese Sandwich on Fresh Chibatta
Collard Greens
Pear
Milk

P.M. Snack

W Homemade Brazilian Cheese and Coconut Stick

24

Breakfast

W Home Baked Lemon Poppy Seed
Breakfast Coquille
Apple
Milk

Lunch

W Turkey Sandwich on Fresh Chibatta
Collard Greens
Pear
Milk

P.M. Snack

W Pumpkin Seed & Coconut Biscuit

Thursday

04

Breakfast

W Home Baked Buttermilk Pancakes
Orange
Milk

Lunch

W Beef Burger on Honey WG Bun
Bagged Baby Carrots
Apple
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Yummy Chefables Rolled Oats Cereal

11

Breakfast

W Home Baked WG Cranberry Orange Waffle
Pear
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

18

Breakfast

W Home Baked French Toast Sticks
Orange
Milk

Lunch

W All Beef HOT DOG on Honey WG Bun
Bagged Baby Carrots
Orange
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Home Baked Mini Muffin

25

Breakfast

W **NEW** Home Baked Coconut, Maple Pancakes
Apple
Milk

Lunch

W Classic Chicken Sandwich on Honey WG Bun
Bagged Roasted Edamame
Orange
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Yummy Chefables Rolled Oats Cereal

Friday

05

Breakfast

W Home Baked Black + White Breakfast Squares
Apple
Milk

Lunch

W Turkey Sausage Roll
Refried Beans
Orange
Milk

P.M. Snack

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

12

Breakfast

W Hodge Podge (Rice Porridge)
Apple
Milk

Lunch

W Cold Curry Chicken & Pasta Salad
Baby Carrots
Pear
Milk

P.M. Snack

Chefables Very Own Cheese Sticks
W Homemade "POP" Rice

19

Breakfast

W **NEW** Soft Cream Cheese Stuffed Sourdough Bagel Bite
Apple
Milk

Lunch

NEW Southwest Beef & Veggie Stew
W **V** Brown Rice
Apple
Milk

P.M. Snack

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

26

Breakfast

W Hodge Podge (Rice Porridge)
Orange
Milk

Lunch

Homemade Cranberry Meatloaf
W **V** Brown Rice
Cream Corn
Apple
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: Artichoke arugula Asian greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuce mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchoke squash (winter) tomato turnips winter sweet potato



Just some of the fruits this month: *Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry Grapefruit kiwi persimmon*

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