



## Ballou Stay Lunch Menu

December 2015

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 30	Dec 1	Dec 2	Dec 3	Dec 4
Chicken Nuggets w/Mumbo Sauce & Whole Grain Dinner Roll  Sweet Potato Mash  Fresh Cucumber Tomato Salad  Fresh Local Apple	Ukranian Chicken w/Whole Grain Garlic Bun  Fresh Roma Roasted Red Potatoes  Fresh Baby Carrots w/Light Dressing  Pineapple Cup	BBQ Turkey on Whole Grain Bun  Glazed Carrots  Fresh Broccoli w/Light Dressing  Fresh Orange	Rachel Ray's Yum-O-Capitol City Chicken Drumstick w/Whole Grain Biscuit  Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing  Fresh Local Pear	PD DAY   No School
Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Panes Rellenos (Salvadoran Chicken Torta)  Roasted Broccoli  Fresh Baby Carrots w/Light Dressing  Fresh Local Apple	Whole Grain Spaghetti w/Beef Meatballs  Green Beans Italiano  Fresh Celery Sticks w/ Light Dressing  Pineapple Cup	Buffalo Chicken Wrap  Seasoned Carrots  Fresh Romaine Tomato Side Salad  Fresh Orange	Santa Fe Burger on Whole Grain Bun  Baked Beans  Homemade Confetti Coleslaw  Fresh Banana	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice  Mexican Corn Fresh Baby Carrots w/ Light Dressing  100 % Grape Juice
Dec 14	Dec 15	Dec 16	Dec 17	Dec 18
Chicken Nuggets w/Mumbo Sauce & Whole Grain Dinner Roll  Local Country Collards  Fresh Celery Sticks w/Light Dressing  Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust  Glazed carrots  Fresh Broccoli w/ Light Dressing  Pineapple Cup	Glazed Turkey Ham Cornbread Cranberry Sauce  Mashed Potatoes w/ Gravy  Fresh Cucumber Coins  Fresh Orange	Pizza Burger on Whole Grain Bun  Southwest Pinto Beans  Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Korean Bibimbap Chicken w/Ginger Lime Brown Rice  Seasoned Carrots  Fresh Broccoli w/Light Dressing  100 % Grape Juice
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25
  HAPPY HOLIDAYS!!    NO SCHOOL				