

WE ♥
HERBS & SPICES

SIMPLY GOOD

Ballou High School Lunch Cycle Menu with Salad Bar & Deli Bar

February 1-5

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. 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)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|---|
|  Favorite Comfort Foods & International Flavors | Spicy Asian Chicken w/Ginger Lime Brown Rice | Chicken Taco | Rotini w/Turkey Meat Sauce | Veggie Chili w/Biscuit | Capital City Chicken Drumstick w/a Biscuit |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | Pizza Chef is Off Today! | Homemade Pizza Cheese Veggie Lovers Hawaiian | Off Again Today! | And Yet Again! | Homemade Pizza Cheese Veggie Lovers Spicy Chicken |
|  Tasty Hand-Held Hot Sandwiches | Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread | Toasted Two Cheese Sandwich | Turkey Hot Dog w/ Toppings | Cheeseburger w/ Lettuce & Tomato Garnish | Cheese and Yogurt Platter |
|  Grab & Go Cold Sandwiches and Salads | Garden Salad w/ Romaine, Tomatoes, Cheese & Garlic Bun | Turkey Bologna Sandwich w/Mustard | Mexican Corn Salad w/ Black Beans & Tortilla Chips | Veggie Wrap w/Hummus, Cheese, Tomato and Cucumber | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll |
|  Hot & Cold Sides Available at All Stations | Seasoned Green Peas & Carrots Fresh Romaine & Tomato Side Salad Fresh Local Apple Assorted Fresh Fruit | Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fresh Fruit | Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fresh Fruit | Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit | Baked Beans Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit |
|  Self-Serve Deli Bar Available Daily | Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad , Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions | | | | |
|  Self-Serve Salad Bar Available Daily | Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Buffalo Chicken, Sliced Eggs , Garlic Croutons, 2 Garlic Breadsticks | | | | |

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Ballou High School Lunch Cycle Menu with Salad Bar & Deli Bar

February 8-12

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 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)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|---|
|  Favorite Comfort Foods & International Flavors | Chicken Nuggets w/ Mumbo Sauce and Cornbread | Caribbean Chicken Drumstick w/ Brown Rice | Haitian Style Fish w/ Creole Rice and Beans | Steak and Cheese Sub | PD DAY NO SCHOOL |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian | Off Again Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken |  |
|  Tasty Hand-Held Hot Sandwiches | Buffalo Chicken Wrap | Teriyaki Veggie Burger | Spicy Ukrainian Chicken Sandwich | Toasted Two Cheese Sandwich | |
|  Grab & Go Cold Sandwiches and Salads | Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll | Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips | Turkey Salami Sandwich w/ Mustard | |
|  Hot & Cold Sides Available at All Stations | Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fresh Fruit | Local Fresh Baked Sweet Potato w/Cinnamon Fresh Cucumber & Tomato Salad Pineapple Cup Assorted Fresh Fruit | Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fresh Fruit | Mashed Potatoes w/ Gravy Fresh Cucumber Coins Fresh Banana Assorted Fresh Fruit | |
|  Self-Serve Deli Bar Available Daily | Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad , Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions | | | | |
|  Self-Serve Salad Bar Available Daily | Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Diced Turkey Ham, Sliced Eggs , Garlic Croutons, 2 Garlic Breadsticks | | | | |

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Ballou High School Lunch Cycle Menu with Salad Bar & Deli Bar

February 15-19

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 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)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|--|
|  Favorite Comfort Foods & International Flavors | WASHINGTON'S BIRTHDAY NO SCHOOL | Beef Meatball Sub w/Marinara & Mozzarella on a Sub | Korean Bibimbap Chicken w/Ginger Lime Brown Rice | Mozzarella Pizza Melt | Ukrainian Chicken Breast with a Roll |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | <i>“There is nothing which can better deserve our</i> | Homemade Pizza Cheese Veggie Lovers Hawaiian | Off Again Today! | And Yet Again! | Homemade Pizza Cheese Veggie Lovers Spicy Chicken |
|  Tasty Hand-Held Hot Sandwiches | <i>patronage than the promotion of science and literature.</i> | Toasted Two Cheese Sandwich | Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread | Pizza Burger | Cheese and Yogurt Platter |
|  Grab & Go Cold Sandwiches and Salads | <i>Knowledge is in every country the surest basis of public</i> | Turkey Bologna Sandwich w/ Mustard | Mexican Corn Salad w/ Black Beans & Tortilla Chips | Turkey Ranch Wrap | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll |
|  Hot & Cold Sides Available at All Stations | <i>-George Washington</i> | Southwest Pinto Beans Fresh Celery Sticks w/ Light Dressing Fresh Local Apple Assorted Fresh Fruit | Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Orange Assorted Fresh Fruit | Seasoned Green Beans Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit | Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit |
|  Self-Serve Deli Bar Available Daily | Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad , Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions | | | | |
|  Self-Serve Salad Bar Available Daily | Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Caesar Chicken, Sliced Eggs , Garlic Croutons, 2 Garlic Breadsticks | | | | |

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Ballou High School Lunch Cycle Menu with Salad Bar & Deli Bar

February 22-26

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 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)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|--|
|  Favorite Comfort Foods & International Flavors |  | Spaghetti w/ Turkey Meatballs | Steak and Cheese Sub | Teriyaki Chicken w/Ginger Brown Rice | Mac-N-Cheese w/Dinner Roll |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | | Homemade Pizza Cheese Veggie Lovers Hawaiian | Off Again Today! | And Yet Again! | Homemade Pizza Cheese Veggie Lovers Spicy Chicken |
|  Tasty Hand-Held Hot Sandwiches |  | Toasted Two Cheese Sandwich | Turkey Hot Dog w/Toppings | Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread | Tuna Salad Melt |
|  Grab & Go Cold Sandwiches and Salads |  | Turkey Pastrami Sandwich w/ Mustard | Mexican Corn Salad w/ Black Beans & Tortilla Chips | Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll |
|  Hot & Cold Sides Available at All Stations | | Seasoned Carrots Fresh Romaine and Tomato Salad Fresh Local Apple Assorted Fresh Fruit | Roasted Corn & Carrots Fresh Broccoli w/Light Dressing Fresh Orange Assorted Fresh Fruit | Baked Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fresh Fruit | Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing 100 % Grape Juice Assorted Fresh Fruit |
|  Self-Serve Deli Bar Available Daily | Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad , Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions | | | | |
|  Self-Serve Salad Bar Available Daily | Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Chili Lime Chicken, Sliced Eggs , Garlic Croutons, 2 Garlic Breadsticks | | | | |