

WE ♥ SUMMER VEGETABLES

Ballou High School Lunch Cycle Menu

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!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Create	Memorial Day No School	Spaghetti w/Marinara sauce & Mozzarella Cheese	Mac-N-Cheese w/ Dinner Roll	Steak and Cheese Sub	Haitian Style Fish w/Red Beans & Brown Rice
 Pizza		Pizza Chef is Off Today!	Off Again Today!	And Yet Again!	Homemade Square Pizza Cheese Veggie Lovers Hawaiian
 Grill		Off Today!	Off Today!	Teriyaki Veggie Burger	And Yet Again!
 Outtakes		Chicken Salad Sandwich	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Sides		Seasoned Carrots	Roasted Broccoli	Seasoned Corn	Southwest Pinto Beans
	Fresh Cucumber Coins	Fresh Baby Carrots	Homemade Confetti Coleslaw	Fresh Romaine & Tomato Side Salad	
	Pineapple Cup Assorted Fresh Fruit	Fresh Orange Assorted Fresh Fruit	Fresh Banana Assorted Fresh Fruit	100% Fruit Punch Assorted Fresh Fruit	

USDA is an equal opportunity provide and employer.

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SIMPLY
June GOOD

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!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Create	Spaghetti w/Turkey Meat Sauce OR Spaghetti w/Marinara Sauce & Mozzarella Cheese	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Strawberries & Salad Greens Day Baked Chicken Drumstick with Garlic Bun	Spicy Asian Chicken w/Brown Rice OR Veggie Lo Mein	Mac-N-Cheese w/Dinner Roll
 Pizza	Pizza Chef is Off Today!	Homemade Square Pizza Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Square Pizza Cheese Veggie Lovers Spicy Chicken
 Grill	Off Today!	Homemade Grilled Cheese	Off Today!	Chicken Salad Sandwich	And Yet Again!
 Outtakes	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Local Greens Salad w/Spring Mix Greens, Tomatoes, Local Cucumber, Cheese, and Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Sides	Green Beans Italiano Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Roma Roasted Red Potatoes Fresh Cucumber and Tomato Salad Pineapple Cup Assorted Fresh Fruit	Glazed Carrots Local Field Greens Fresh Local Strawberries Assorted Fresh Fruit	Fiesta Black Beans Fresh Romaine and Tomato Side Salad Fresh Banana Assorted Fresh Fruit	Sweet Potato Fries Fresh Tuscan Kale Salad 100% Fruit Punch Assorted Fresh Fruit



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Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Create	Manager's Choice	Manager's Choice	Manager's Choice	Bagged Lunch Deli or Vegetarian Sandwich, Veggies, Fruit & Milk	Bagged Lunch Deli or Vegetarian Sandwich, Veggies, Fruit & Milk
 Pizza	Pizza Chef is Off Today!	Manager's Choice	Pizza Chef is Off Today!		
 Grill	Manager's Choice	Manager's Choice	Manager's Choice		
 Outtakes	Manager's Choice	Manager's Choice	Manager's Choice		
 Sides	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit		