



January

Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> Turkey Pepperoni Pizza Baked Sweet Potato Wedges Fresh Orange 	<p>4</p> <ul style="list-style-type: none"> Whole Grain Spaghetti w/Turkey Meat Sauce served w/Garlic Knot Bread Seasoned Collard Greens Fresh Pear 	<p>5</p> <ul style="list-style-type: none"> Jamaican Beef Patty w/Roasted Chickpeas OR Chicken Salad Sandwich on Whole Grain Bread Seasoned Mixed Vegetables Fresh Apple 	<p>6</p> <ul style="list-style-type: none"> Jollof Rice served w/Chicken Drumstick Seasoned Black Beans Fresh Banana 	<p>7</p> <ul style="list-style-type: none"> Cheeseburger w/Lettuce, Tomato, & Onions on Whole Grain Bun OR Turkey Ham & Cheese Sandwich on Whole Grain Bread Seasoned Potato Wedges Fresh Grapes
<p>10</p> <ul style="list-style-type: none"> Whole Grain Beef Gordita w/Chicken Fajita Salad served w/Sour Cream & Salsa OR Southwest Chicken Sandwich Southwest Black Beans Pear Cup 	<p>11</p> <ul style="list-style-type: none"> Turkey Macaroni served w/Whole Grain Garlic Knot Bread Citrus Glazed Carrots Fresh Apple 	<p>12</p> <ul style="list-style-type: none"> Mumbo Chicken Drumstick served w/ Whole Grain Honey Corn Biscuit OR American Sub Sandwich on Whole Grain Sub Roll Seasoned Green Beans Fresh Grapes 	<p>13</p> <ul style="list-style-type: none"> Turkey Tacos served w/Salsa Mexican Corn Fresh Orange 	<p>14</p> <ul style="list-style-type: none"> Egusi Stew (Tomato Soup) w/Chicken served w/Coco Bread OR Tuna Salad Sandwich on Whole Grain Bread Sauteed Spinach Fresh Banana
<p>17</p> <p style="text-align: center;">NO SCHOOL</p>	<p>18</p> <ul style="list-style-type: none"> Whole Grain Spaghetti w/Turkey Meat Sauce served w/Garlic Knot Bread Seasoned Collard Greens Fresh Pear 	<p>19</p> <ul style="list-style-type: none"> Jamaican Beef Patty w/Roasted Chickpeas OR Chicken Salad Sandwich on Whole Grain Bread Seasoned Mixed Vegetables Fresh Apple 	<p>20</p> <ul style="list-style-type: none"> Jollof Rice served w/Chicken Drumstick Seasoned Black Beans Fresh Banana 	<p>21</p> <ul style="list-style-type: none"> Turkey Pepperoni Pizza OR Italian Sub Sandwich on Whole Grain Bread Baked Sweet Potato Wedges Fresh Orange
<p>24</p> <ul style="list-style-type: none"> Whole Grain Beef Gordita w/Chicken Fajita Salad served w/Sour Cream & Salsa OR Southwest Chicken Sandwich Southwest Black Beans Pear Cup Whole Grain Beef Gordita 	<p>25</p> <ul style="list-style-type: none"> Turkey Macaroni served w/Whole Grain Garlic Knot Bread Citrus Glazed Carrots Fresh Apple 	<p>26</p> <p style="text-align: center;">NO SCHOOL</p>	<p>27</p> <ul style="list-style-type: none"> Turkey Tacos served w/Salsa Mexican Corn Fresh Orange 	<p>28</p> <ul style="list-style-type: none"> Egusi Stew (Tomato Soup) w/Chicken served w/Coco Bread OR Tuna Salad Sandwich on Whole Grain Bread Sauteed Spinach Fresh Banana
<p>31</p> <ul style="list-style-type: none"> Cheeseburger w/Lettuce, Tomato, & Onions on Whole Grain Bun OR Turkey Ham & Cheese Sandwich on Whole Grain Bread Seasoned Potato Wedges Fresh Grapes 	<p>1</p> <ul style="list-style-type: none"> Whole Grain Spaghetti w/Turkey Meat Sauce served w/Garlic Knot Bread Seasoned Collard Greens Fresh Pear 	<p>2</p> <ul style="list-style-type: none"> Jamaican Beef Patty w/Roasted Chickpeas OR Chicken Salad Sandwich on Whole Grain Bread Seasoned Mixed Vegetables Fresh Apple 	<p>3</p> <ul style="list-style-type: none"> Jollof Rice served w/Chicken Drumstick Seasoned Black Beans Fresh Banana 	<p>4</p> <ul style="list-style-type: none"> Turkey Pepperoni Pizza OR Italian Sub Sandwich on Whole Grain Bread Baked Sweet Potato Wedges Fresh Orange



Vegetarian V



Vegan VE



Locally Sourced

Fresh local apples and garden bar salad served w/Life Ranch Dressing available daily.

Student's choice of skim or 1% hormone-free milk provided at every meal

This menu is subject to change based upon availability

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 1/20 - Broccoli
Green Juice Day 1/27

Open Meal Sites
Ballou High School
Columbia Heights Education Campus

January Vegetarian

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3 <ul style="list-style-type: none"> • Classic Cheese Pizza V • Baked Sweet Potato Wedges • Fresh Orange 	4 <ul style="list-style-type: none"> • Grilled Cheese Sandwich on Whole Grain Bread V • OR • Sunbutter & Jelly Sandwich V • Seasoned Collard Greens • Fresh Pear 	5 <ul style="list-style-type: none"> • Baked Penne Pasta served/Garlic Knot Bread V • Seasoned Mixed Vegetable • Fresh Apple 	6 <ul style="list-style-type: none"> • Jollof Rice w/Baked Tofu V • OR • Hearty Garden Salad served w/Whole Grain Tortilla Chips V • Seasoned Black Beans • Fresh Banana 	7 <ul style="list-style-type: none"> • Garden Burger served w/Lettuce, Tomato, & Onions on Whole Grain Bun V • Seasoned Potato Wedges • Fresh Grapes
10 <ul style="list-style-type: none"> • Cheese Quesadilla served w/Brown Rice, Saur Cream & Salsa V • Southwest Black Beans • Pear Cup 	11 <ul style="list-style-type: none"> • Glorious Macaroni & Cheese served w/Whole Grain Garlic Knot Bread V • OR • Veggie Lo Mein w/Baked Tofu V • Citrus Glazed Carrots • Fresh Apple 	12 <ul style="list-style-type: none"> • Mumbo Baked Tofu VE served w/ Whole Grain Honey Corn Biscuit • Seasoned Green Beans • Fresh Grapes 	13 <ul style="list-style-type: none"> • Bean Tacos served w/Salsa V • OR • Greek Salad served w/Whole Grain Tortilla Chips VE • Mexican Corn • Fresh Orange 	14 <ul style="list-style-type: none"> • Egusi Stew (Tomato Soup) w/Grilled Cheese Sandwich • Sautéed Spinach • Fresh Banana
17 <p style="text-align: center;">NO SCHOOL</p>	18 <ul style="list-style-type: none"> • Grilled Cheese Sandwich on Whole Grain Bread V • OR • Sunbutter & Jelly Sandwich V • Seasoned Collard Greens • Fresh Pear 	19 <ul style="list-style-type: none"> • Baked Penne Pasta served/Garlic Knot Bread V • Seasoned Mixed Vegetable • Fresh Apple • Baked Penne Pasta served 	20 <ul style="list-style-type: none"> • Jollof Rice w/Baked Tofu V • OR • Hearty Garden Salad served w/Whole Grain Tortilla Chips V • Seasoned Black Beans • Fresh Banana 	21 <ul style="list-style-type: none"> • Classic Cheese Pizza V • Baked Sweet Potato Wedges • Fresh Orange
24 <ul style="list-style-type: none"> • Cheese Quesadilla served w/Brown Rice, Saur Cream & Salsa V • Southwest Black Beans • Pear Cup 	25 <ul style="list-style-type: none"> • Glorious Macaroni & Cheese served w/Whole Grain Garlic Knot Bread V • OR • Veggie Lo Mein w/Baked Tofu V • Citrus Glazed Carrots • Fresh Apple 	26 <p style="text-align: center;">NO SCHOOL</p>	27 <ul style="list-style-type: none"> • Bean Tacos served w/Salsa V • OR • Greek Salad served w/Whole Grain Tortilla Chips VE • Mexican Corn • Fresh Orange 	28 <ul style="list-style-type: none"> • Classic Cheese Pizza V • Baked Sweet Potato Wedges • Fresh Orange
31 <ul style="list-style-type: none"> • Garden Burger served w/Lettuce, Tomato, & Onions on Whole Grain Bun V • Seasoned Potato Wedges • Fresh Grapes 	1 <ul style="list-style-type: none"> • Grilled Cheese Sandwich on Whole Grain Bread V • OR • Sunbutter & Jelly Sandwich V • Seasoned Collard Greens • Fresh Pear 	2 <ul style="list-style-type: none"> • Baked Penne Pasta served/Garlic Knot Bread V • Seasoned Mixed Vegetable • Fresh Apple 	3 <ul style="list-style-type: none"> • Jollof Rice w/Baked Tofu V • OR • Hearty Garden Salad served w/Whole Grain Tortilla Chips V • Seasoned Black Beans • Fresh Banana 	4 <ul style="list-style-type: none"> • Classic Cheese Pizza V • Baked Sweet Potato Wedges • Fresh Orange



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