



ROOT VEGETABLES ARE HIGH IN CARBOHYDRATES,
WHICH GIVE YOU ENERGY!



**SIMPLY
GOOD**

Ballou High School Lunch Menu w/Salad and Deli Bar November 30– December 4

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/ 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 |
|---|---|--|---|--|---|
|  Create | Hot Meatball Sub w/Beef Meatballs on Whole Grain Roll | Ukrainian Chicken w/ Whole Grain Garlic Bun | Barbecue Turkey on Whole Grain Bun | Rachael Ray's Yum-O-Capital City Chicken Drumstick w/Whole Grain Biscuit | PD Day  |
|  Pizza | 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 | No School   |
|  Grill | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | Turkey Hot Dog on Whole Grain Bun w/ Toppings | Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish |  |
|  Outtakes | Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Salami on Whole Grain Roll w/ Mustard | Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips | Homemade Chicken Salad on Whole Grain Bread | |
|  Sides | Sweet Potato Mash Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit | Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing Pineapple Cup Assorted Fruit | Glazed Carrots Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit | Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing Fresh Pear Assorted Fruit | |
|  Deli | <p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p> | | | | |
|  Salad | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |



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Ballou High School Lunch Menu w/ Salad and Deli Bar

December 7 - 11

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/ 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 |
|---|---|--|--|---|---|
|  Create | Panes Rellenos (Salvadoran Chicken Torta) | Whole Grain Spaghetti w/ Beef Meatballs | Buffalo Chicken Wrap | Toasted Two Cheese Sandwich on Whole Grain Bread | Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice* |
|  Pizza | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian | Off Again Today! | And Yet Again! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken |
|  Grill | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | Turkey Hot Dog on Whole Grain Bun w/Toppings | Santa Fe Burger on Whole Grain Bun | Spicy Chicken Sandwich on Whole Grain Bun |
|  Outtakes | Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Salami on Whole Grain Roll w/ Mustard | Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips | Homemade Chicken Salad on Whole Grain Bread | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll |
|  Sides | Roasted Broccoli Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit | Green Beans Italiano Fresh Celery Sticks w/Light Dressing Pineapple Cup Assorted Fruit | Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange Assorted Fruit | Baked Beans Fresh Homemade Confetti Cole Slaw Fresh Banana Assorted Fruit | Mexican Corn Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit |
|  Deli | <p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p> | | | | |
|  Salad | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |



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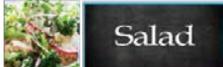


**SIMPLY
GOOD**

Ballou High School Lunch Menu w/ Salad and Deli Bar

December 14 - 18

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/ 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 | Chicken Taco | Spicy Asian Chicken w/Brown rice | Glazed Turkey Ham Cornbread Cranberry Sauce | Vegetarian Stir Fry | Korean Bibimbap Chicken w/Ginger Lime Brown Rice |
|  Pizza | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian | Off Again Today! | And Yet Again! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken |
|  Grill | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | Turkey Hot Dog on Whole Grain Bun w/ Toppings | Pizza Burger on Whole Grain Bun | Spicy Chicken Sandwich on Whole Grain Bun |
|  Outtakes | Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Salami on Whole Grain Roll w/ Mustard | Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips | Homemade Chicken Salad on Whole Grain Bread | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll |
|  Sides | Local Country Collard Greens Fresh Celery Sticks w/Light Dressing Fresh Local Apple Assorted Fruit | Glazed Carrots Fresh Broccoli w/Light Dressing Pineapple Cup Assorted Fruit | Mashed Potatoes w/ Gravy Fresh Cucumber Coins Fresh Orange Assorted Fruit | Southwest Pinto Beans Fresh Baby Carrots w/Light Dressing Fresh Banana Assorted Fruit | Seasoned Carrots Fresh Broccoli w/Light Dressing 100% Grape Juice Assorted Fruit |
|  Deli | <p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p> | | | | |
|  Salad | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |

USDA is an equal opportunity provider and employer.



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**SIMPLY
GOOD**

High School Lunch Menu with Salad and Deli Bar

December 21 - 25

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/ 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 |
|---|---|---------|-----------|----------|--------|
|  Create |  HAPPY HOLIDAYS!!  | | | | |
|  Pizza |  | | | | |
|  Grill | | | | | |
|  Outtakes | | | | | |
|  Sides | | | | | |
|  Deli | | | | | |
|  Salad | | | | | |