

CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN C,
WHICH HELPS KEEP THE IMMUNE SYSTEM HEALTHY.

**SIMPLY
GOOD**

Ballou High School Lunch Menu with Salad and Deli Bar

January 4-8

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	Toasted Two Cheese Sandwich on Whole Grain Bread	Steak & Cheese on Whole Grain Roll with Onions and Peppers	Haitian Style Fish w/ Creole Rice and Beans	Vegetarian Stir Fry	Caribbean Jerk Chicken w/ 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	Turkey Salami on Whole Grain Roll w/ Mustard	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	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	Sweet Potato Fries Green Beans Italiano Diced Pears Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Fresh Apple Assorted Fruit
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, 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, Fresh Cucumbers, Shredded Fresh Carrots, Sliced 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: Diced Turkey Ham, Sliced Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				

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Ballou High School Lunch Menu with Salad and Deli Bar

January 11-15

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	Veggie Chili w/ Whole Grain Cornbread	Ukrainian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Rachel Ray's Yum-O-Capital City Chicken Drumstick w/Whole Grain Biscuit	Teriyaki 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	<i>Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips</i>	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	Sweet Potato Mash Fresh Cucumber & Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Celery Sticks w/ Light Dressing Fresh Banana Assorted Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit
 Deli	Start With: Assorted Whole Grain 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				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Sliced Button Mushrooms , 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 Whole Grain Garlic Breadsticks				

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Ballou High School Lunch Menu with Salad and Deli Bar

January 18-22

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	ML King Day No School	Whole Grain Spaghetti w/ Beef Meatballs	Buffalo Chicken Wrap	Korean Bibimbap Chicken w/Ginger Lime Brown Rice	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice
 Pizza		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	"The Ultimate measure of man is not where he	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	Spicy Chicken Sandwich on Whole Grain Bun
 Outtakes	stands in moments of comfort and convenience, but where he stands	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	at times of challenge and controversy." -ML King Jr.	Roasted Broccoli Fresh Baby Carrots 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 Celery Sticks w/Light Dressing 100 % Grape Juice Assorted Fruit
 Deli	Start With: Assorted Whole Grain 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				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Sliced Button Mushrooms , 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 Whole Grain Garlic Breadsticks				

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Ballou High School Lunch Menu with Salad and Deli Bar

January 25-29

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	Chicken Taco	Spicy Asian Chicken w/Brown rice	Australian Food Day Shepard's Pie w/Turkey & Mashed Potatoes & a Savory Scone	Whole Grain Rotini w/Marinara & Mozzarella Sauce	Panes Rellenos (Salvadoran Chicken Torta)
 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	Australian Vegetable Curry w/Savory Scone	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	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	Sweet Green Peas Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Roasted Pumpkin Australian Coleslaw Fresh Orange Assorted Fruit	Glazed Carrots Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Southwest Pinto Beans Fresh Cucumber Coins 100% Grape Juice Assorted Fruit
 Deli	Start With: Assorted Whole Grain 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				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Sliced Button Mushrooms , 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 Whole Grain Garlic Breadsticks				