

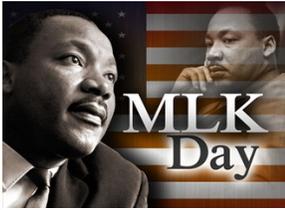
CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN C,
WHICH HELPS KEEP THE IMMUNE SYSTEM HEALTHY.

**SIMPLY
GOOD**

Ballou STAY Lunch Menu

January 2016

The cost of a paid student meal is \$2.10 for elementary students. 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, 1 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)!

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Chicken Nuggets w/Mumbo Sauce & Whole Grain Dinner Roll Sweet Potato Fries Green Beans Italiano Assorted Fruit	Steak & Cheese on Whole Grain Roll with Onions and Peppers Mashed Potatoes w/Gravy Fresh Celery w/Light Dressing Assorted Fruit	Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange	Vegetarian Stir Fry Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana	Homemade Cheese Pizza on Whole Grain Crust Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Fresh Local Apple
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Chicken Nuggets w/Mumbo Sauce & Whole Grain Dinner Roll Sweet Potato Mash Fresh Cucumber & Tomato Salad Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust Fresh Roma Roasted Red Potatoes Fresh Broccoli w/Light Dressing Pineapple Cup	Barbecue Turkey on Whole Grain Bun Glazed Carrots Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Orange	Rachel Ray's Yum-O-Capital City Chicken Drumstick w/Whole Grain Biscuit Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing Fresh Banana	Teriyaki Chicken w/ Ginger Lime Brown Rice Roasted Broccoli Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
 No School	Whole Grain Spaghetti w/ Beef Meatballs Roasted Broccoli Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Turkey Hot Dog on Whole Grain Bun w/Toppings Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange	Korean Bibimbap Chicken w/Ginger Lime Brown Rice Baked Beans Homemade Confetti Coleslaw Fresh Banana	Homemade Cheese Pizza on Whole Grain Crust Mexican Corn Fresh Celery Sticks w/ Light Dressing 100 % Grape Juice
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Chicken Taco Sweet Green Peas Fresh Broccoli w/ Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Australian Food Day Shepard's Pie w/Turkey & Mashed Potatoes & a Savory Scone Roasted Pumpkin Australian Coleslaw Fresh Orange	Whole Grain Rotini w/Turkey Meat Sauce Glazed Carrots Fresh Cucumber & Tomato Salad Fresh Banana	Panes Rellenos (Salvadoran Chicken Torta) Southwest Pinto Beans Fresh Cucumber Coins 100 % Grape Juice
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad w/Fresh Romaine & Croutons w/Whole Grain Dinner Roll	Garden Salad w/Fresh Romaine Tomatoes, Cheese & Whole Grain Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Egg, Cheese & Whole Grain Garlic Bun	Turkey Salami Sandwich on Whole Grain Roll	Chicken Salad on Whole Grain Sub w/Fresh Lettuce and Tomato