

Bright Star Academy Schools All Natural / Organic Menu December 2019

(The RED Indicates Vegetarian/Special Dietary Allergy Restrictions)

Morning Snack And Lunch Are Served With Organic Milk/Water And Afternoon Snack With Juice/Water. Fresh Fruit Selections Include: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Kiwi, Blueberries, Pineapple, Mangos, Nectarines And Honeydew Melon (Non-Organic Selections Maybe Necessary When Supply Or Quality Demand.)

| Monday-2 nd | Tuesday-3 rd | Wednesday-4 th | Thursday-5 th | Friday-6 th |
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| Organic Whole Grain Cereal w/ Organic Milk | Toasted Whole Wheat Mini Bagels w/ Cream Cheese & Organic Milk | Cinnamon Rolls Organic Milk | Whole Wheat Pancakes w/ Maple Syrup & Organic Milk | Mini Blueberry Muffins Organic Milk |
| Chicken and Cheese Soft Tacos Sweet Golden Corn Fresh Fruit Organic Milk | Grilled Chicken Breast (Veggie) Sandwich Tatar Tots Fresh Fruit Organic Milk | Chicken (Veggie) Pot Pie Sweet Baby Peas Fresh Fruit Organic Milk | Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk | Alaskan Pollock Fish (Veggie) Sticks Fresh Cut Green Beans Fresh Fruit Organic Milk |
| Strawberry and Banana Smoothies | Pretzels w/ Cheddar Cheese | Homemade Banana Pudding | Natural Cinnamon Apple Sauce w/ Graham Crackers | Chicken Salad w/ Whole Wheat Crackers |
| 9 th | 10 th | 11 th | 12 th | 13 th |
| Scrambled Eggs and Cheese Organic Milk | Whole Wheat English Muffins w/ Preserves & Organic Milk | Oatmeal w/ Fresh Fruit Organic Milk | Warm Biscuits w/ Strawberry Jam, Butter & Organic Milk | Yogurt w/ Fresh Fruit & Granola & Organic Milk |
| Tater Tot Casserole Mixed Vegetables Fresh Fruit Organic Milk | Whole Wheat Cheese Pizza Garden Salad Fresh Fruit Organic Milk | Turkey and Cheese Pinwheels Steamed Baby Carrots Fresh Fruit Organic Milk | Turkey (Veggie) Stroganoff Steamed Broccoli Florets Fresh Fruit Organic Milk | Chicken Breast (Veggie) Nuggets Fresh Cut Green Beans Fresh Fruit Organic Milk |
| Fresh Fruit Medley | Cheddar Cheese w/ Whole Wheat Crackers | Fresh Fruit w/ Whole Grain Nut Free Trail Mix | Home Economics Snack | Party Snack |
| 16 th | 17 th | 18 th | 19 th | 20 th |
| Whole Wheat Pancakes w/ Berries, Maple Syrup & Organic Milk | Whole Grain Toast w/ Turkey Bacon & Organic Milk | Mini Blueberry Muffins Organic Milk | Organic Cereal w/ Organic Milk | Toasted Whole Wheat Mini Bagels w/ Cream Cheese & Organic Milk |
| Chicken Alfredo Pasta Garden Salad Fresh Fruit Organic Milk | Grilled Chicken Breast Herb Roasted Potatoes Fresh Fruit Organic Milk | Alaskan Pollock Fish (Veggie) Sticks Fresh Cut Green Beans Fresh Fruit Organic Milk | Bean and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk | Fresh Tomato Soup Cheesy Garlic Toast Fresh Fruit Organic Milk |
| Natural Cinnamon Apple Sauce w/ Graham Crackers | Whole Wheat Mini Bagel Cheese Pizzas | Chicken Salad w/ Whole Wheat Crackers | Yogurt w/ Fresh Fruit Parfait | Pretzels w/ Cheddar Cheese |
| 23 rd | 24 th | 25 th | 26 th | 27 th |
| Warm Biscuits w/ Butter Organic Milk | Closed | Closed | Yogurt w/ Fresh Fruit & Granola & Organic Milk | Scrambled Eggs and Cheese Organic Milk |
| Toasted Turkey & Grilled Cheese Sandwich Steamed Baby Carrots Fresh Fruit Organic Milk | Christmas Eve | Merry Christmas | Chicken Breast (Veggie) Nuggets Fresh Cut Green Beans Fresh Fruit Organic Milk | Whole Wheat French Toast w/ Maple Syrup Turkey (Veggie) Sausage Fresh Fruit Organic Milk |
| Cheddar Cheese w/ Whole Wheat Crackers | | | Mini Chocolate Chip Muffins w/ Fresh Bananas | Pimento Cheese w/ Whole Wheat Crackers |
| 30 th | 31 st | | | |
| Oatmeal w/ Fresh Fruit Organic Milk | Full English Breakfast Organic Milk | | | |
| Whole Wheat Pasta w/ Turkey (Veggie) Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk | Closing at 12:30 Happy New Year! |  |  |  |
| Fresh Veggies w/ Ranch Dressing | | | | |