

# Bright Star Academy Schools All Natural / Organic Menu February 2020

Morning snack and lunch are served with organic milk/water and afternoon snack with water. *A Vegan, dairy free option is available for children with allergies and special dietary restrictions.* Fresh fruit includes: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Blueberries, Pineapple, Mangos, Nectarines and Honeydew Melon.

Monday 3 <sup>rd</sup>	Tuesday 4 <sup>th</sup>	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup>	Friday 7 <sup>th</sup>
Warm Biscuits w/ Butter Organic Milk	Yogurt w/ Fresh Fruit Organic Milk	Scrambled Eggs w/ Organic Milk	Whole Wheat Toast w/ Turkey Bacon & Organic Milk	Whole Wheat Bagels w/ Preserves & Organic Milk
Chicken Alfredo Rotini Steamed Broccoli Florets Fresh Fruit Organic Milk	Cheese Pizza Fresh Cut Green Beans Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk	Bean & Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Chicken Breast Nuggets Sweet Potato Fries Fresh Fruit Organic Milk
Cheddar Cheese w/ Whole Wheat Crackers	Mini Blueberry Muffins w/ Fresh Fruit	Applesauce w/ Graham Crackers	Whole Grain Nut Free Trail Mix w/ Fresh Berries	Fresh Veggies Sticks w/ Ranch Dip
10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>
Whole Grain Cereal Organic Milk	Cinnamon Rolls Organic Milk	Whole Wheat Pancakes w/Syrup Organic Milk	Waffles w/Syrup Organic Milk	Whole Grain Cereal w/ Organic Milk
Shredded Chicken Tacos Sweet Golden Corn Fresh Fruit Organic Milk	Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Grilled Chicken Sandwich Garden Salad Fresh Fruit Organic Milk	Homemade Lasagna Mixed Veggies Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Fresh Cut Green Beans Fresh Fruit Organic Milk
Fresh Fruit Cups	Pretzels w/ Cheddar Cheese	Homemade Banana Pudding	Natural Cinnamon Apple Sauce w/ Graham Crackers	Party Snack
17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>
Wheat Toast w/Turkey Bacon Organic Milk	Breakfast Tacos w/ Organic Milk	Warm Biscuits w/ Sausage Organic Milk	Yogurt w/Fresh Fruit Organic Milk	Scrambled Eggs w/ Organic Milk
Cheese Pizza Steamed Baby Carrots Fresh Fruit Organic Milk	Tater Tot Casserole Sweet Golden Corn Fresh Fruit Organic Milk	Turkey & Cheese Pinwheels Garden Salad Fresh Fruit Organic Milk	Roast Chicken & Gravy Herb Roasted Potatoes Fresh Fruit Organic Milk	Whole Wheat Marinara Pasta w/ Turkey Meatballs Steamed Broccoli Florets Fresh Fruit Organic Milk
Yogurt w/ Fresh Berries	Cheddar Cheese w/ Whole Wheat Crackers	Fresh Fruit w/ Whole Grain Nut Free Trail Mix	Home Economics Snack	Soft Baked Pretzel w/ Cheese Sauce
24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>
Whole Wheat Pancakes w/Syrup & Organic Milk	Cinnamon Rolls Organic Milk	Mini Blueberry Muffins Organic Milk	Whole Grain Cereal Organic Milk	Whole Wheat Mini Bagels & Organic Milk
Homemade Macaroni and Cheese Fresh Cut Green Beans Fresh Fruit Organic Milk	Grilled Chicken Breast Sandwich Tatar Tots Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Steamed Broccoli Fresh Fruit Organic Milk	Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Nut Free Wow Butter & Jelly Sandwich Steamed Baby Carrots Fresh Fruit Organic Milk
Natural Cinnamon Apple Sauce w/ Graham Crackers	Whole Wheat Mini Bagel Cheese Pizzas	Fresh Fruit Cups	Yogurt w/ Granola	Pretzels w/ Cheddar Cheese