

# Bright Star All Natural / Organic Menu January 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	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3rd
			Whole Grain Cereal Organic Milk	Whole Wheat Pancakes w/Syrup Organic Milk
			Alaskan Pollock Fish Sticks Sweet Golden Corn Fresh Fruit Organic Milk	Chefs Choice Fresh Fruit Organic Milk
			Pretzels w/ Cheddar Cheese	Natural Cinnamon Apple Sauce w/Graham Crackers
6th	7th	8th	9th	10th
Warm Biscuits w/ Butter Organic Milk	Yogurt w/ Fresh Fruit & Granola & Organic Milk	Whole Grain Cereal Organic Milk	Oatmeal w/ Fresh Fruit Organic Milk	Wheat Toast w/Turkey Bacon Organic Milk
Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Roasted Chicken & Gravy Mashed Potatoes Fresh Fruit Organic Milk	Toasted Turkey & Grilled Cheese Sandwich Steamed Baby Carrots Fresh Fruit Organic Milk	Chicken Breast Nuggets Green Beans Fresh Fruit Organic Milk
Cheddar Cheese w/ Whole Wheat Crackers	Whole Grain Sun Chips w/ Fresh Bananas	Fresh Fruit Medley	Fresh Fruit w/ Whole Grain Nut Free Trail Mix	Rice Krispy Cereal Bars
13th	14th	15th	16th	17th
Organic Cereal w/ Organic Milk	Toasted Whole Wheat Mini Bagels & Organic Milk	Cinnamon Rolls Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Mini Blueberry Muffins Organic Milk
Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Soy Butter w/ Preserves on Whole Wheat Bread Steamed Baby Carrots Fresh Fruit Organic Milk	Tater Tot Casserole Mixed Veggies Fresh Fruit Organic Milk	Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Fresh Cut Green Beans Fresh Fruit Organic Milk
Yogurt w/ Fresh Fruit	Pretzels w/ Cheddar Cheese	Whole Wheat Mini Bagel Cheese Pizzas	Natural Cinnamon Apple Sauce w/ Graham Crackers	Chicken Salad on Whole Wheat Crackers
20th	21st	22nd	23rd	24th
Scrambled Eggs and Cheese Organic Milk	Whole Wheat Toast w/ Preserves & Organic Milk	Oatmeal w/ Fresh Fruit Organic Milk	Warm Biscuits w/ Butter Organic Milk	Yogurt w/ Fresh Fruit & Granola & Organic Milk
Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Whole Wheat Pancakes w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk	Toasted Turkey & Grilled Cheese Sandwich Steamed Baby Carrots Fresh Fruit Organic Milk	Whole Wheat Pasta w/ Turkey (Veggie) Meatballs In Marinara Sauce 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	Fresh Veggie Sticks w/Ranch
27th	28th	29th	30th	31st
Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Cinnamon Rolls Organic Milk	Mini Blueberry Muffins Organic Milk	Organic Cereal w/ Organic Milk	Toasted Whole Wheat Mini Bagels w/ Cream Cheese & Organic Milk
Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Grilled Chicken Breast Whole Wheat Bread and Butter Mixed Vegetables Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Fresh Cut Green Beans Fresh Fruit Organic Milk	Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Soy Butter w/ Preserves on Whole Wheat Bread Steamed Baby Carrots Fresh Fruit Organic Milk
Natural Cinnamon Apple Sauce w/ Graham Crackers	Whole Wheat Mini Bagel Cheese Pizzas	Chicken Salad on Whole Wheat Crackers	Yogurt w/ Fresh Fruit	Pretzels w/ Cheddar Cheese