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	Whole Wheat Pancakes w/Syrup
	0.0		Organic Milk	Organic Milk
			Alaskan Pollock Fish Sticks	Chefs Choice
	or composition of		Sweet Golden Corn	Fresh Fruit
			Fresh Fruit	Organic Milk
		6 1 1 1	Organic Milk	
		X GW V G 3 H		
		NEW YEAR		
	000		Pretzels w/ Cheddar Cheese	Natural Cinnamon Apple Sauce
(Ala	7th	8th	9th	w/Graham Crackers 10th
Warm Biscuits w/ Butter	Yogurt w/ Fresh Fruit & Granola	Whole Grain Cereal	Oatmeal w/ Fresh Fruit	Wheat Toast w/Turkey Bacon
		Organic Milk	Organic Milk	Organic Milk
Organic Milk	& Organic Milk	e e	8	- e
Whole Wheat Pasta w/	Cheese Pizza	Roasted Chicken & Gravy	Toasted Turkey &	Chicken Breast Nuggets
Turkey Meatballs	Sweet Golden Corn	Mashed Potatoes	Grilled Cheese Sandwich	Green Beans
In Marinara Sauce	Fresh Fruit	Fresh Fruit	Steamed Baby Carrots	Fresh Fruit
Steamed Broccoli Florets	Organic Milk	Organic Milk	Fresh Fruit	Organic Milk
Fresh Fruit			Organic Milk	
Organic Milk Cheddar Cheese w/	What Costs Cost China	Freels Free 4 Me Jless	Fresh Fruit w/	Rice Krispy Cereal Bars
Whole Wheat Crackers	Whole Grain Sun Chips w/ Fresh Bananas	Fresh Fruit Medley	Whole Grain Nut Free Trail Mix	Rice Krispy Cereal Bars
		15th		17th
13th	14th Toasted Whole Wheat Mini Bagels &	Cinnamon Rolls	16th Whole Wheat Pancakes	Mini Blueberry Muffins
Organic Cereal w/ Organic Milk	Organic Milk	Organic Milk	w/ Maple Syrup & Organic Milk	Organic Milk
Chicken and Cheese Quesadillas	Soy Butter w/ Preserves on	Tater Tot Casserole	Homemade Macaroni and Cheese	Alaskan Pollock Fish Sticks
Sweet Golden Corn	Whole Wheat Bread	Mixed Veggies	Steamed Broccoli Florets	Fresh Cut Green Beans
Fresh Fruit	Steamed Baby Carrots	Fresh Fruit	Fresh Fruit	Fresh Fruit
Organic Milk	Fresh Fruit	Organic Milk	Organic Milk	Organic Milk
Organic wink	Organic Milk	Organic Wilk	Organic wink	Organic wink
Yogurt w/ Fresh Fruit	Pretzels w/ Cheddar Cheese	Whole Wheat	Natural Cinnamon Apple Sauce w/	Chicken Salad on
rogurt w/ Fresh Fruit	Tretzeis w/ Cheddar Cheese	Mini Bagel Cheese Pizzas	Graham Crackers	Whole Wheat Crackers
20th	21st	22nd	23rd	24th
Scrambled Eggs and Cheese	Whole Wheat Toast w/ Preserves &	Oatmeal w/ Fresh Fruit	Warm Biscuits w/ Butter	Yogurt w/ Fresh Fruit & Granola
Organic Milk	Organic Milk	Organic Milk	Organic Milk	& Organic Milk
Cheese Pizza	Whole Wheat Pancakes	Toasted Turkey &	Whole Wheat Pasta w/	Chicken Breast (Veggie) Nuggets
Sweet Golden Corn	w/ Maple Syrup	Grilled Cheese Sandwich	Turkey (Veggie) Meatballs	Fresh Cut Green Beans
Fresh Fruit	Turkey Sausage	Steamed Baby Carrots	In Marinara Sauce	Fresh Fruit
Organic Milk	Fresh Fruit	Fresh Fruit	Steamed Broccoli Florets	Organic Milk
9 - 8	Organic Milk	Organic Milk	Fresh Fruit	9 - 8
	g .	9	Organic Milk	
Fresh Fruit Medley	Cheddar Cheese w/	Fresh Fruit w/	Home Economics Snack	Fresh Veggie Sticks
•	Whole Wheat Crackers	Whole Grain Nut Free Trail Mix		w/Ranch
27th	28th	29th	30th	31st
Whole Wheat Pancakes	Cinnamon Rolls	Mini Blueberry Muffins	Organic Cereal w/ Organic Milk	Toasted Whole Wheat Mini Bagels w/
w/ Maple Syrup & Organic Milk	Organic Milk	Organic Milk		Cream Cheese & Organic Milk
Homemade Macaroni and Cheese	Grilled Chicken Breast	Alaskan Pollock Fish Sticks	Chicken and Cheese Quesadillas	Soy Butter w/ Preserves on
Steamed Broccoli Florets	Whole Wheat Bread and Butter	Fresh Cut Green Beans	Sweet Golden Corn	Whole Wheat Bread
Fresh Fruit	Mixed Vegetables	Fresh Fruit	Fresh Fruit	Steamed Baby Carrots
Organic Milk	Fresh Fruit	Organic Milk	Organic Milk	Fresh Fruit
	Organic Milk			Organic Milk
Natural Cinnamon Apple Sauce w/	Whole Wheat	Chicken Salad on	Yogurt w/ Fresh Fruit	Pretzels w/ Cheddar Cheese
Graham Crackers	Mini Bagel Cheese Pizzas	Whole Wheat Crackers	1	