

Academy Schools All Natural / Organic Menu March 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.

Monday-2 nd	Tuesday-3 rd	Wednesday-4 th	Thursday-5 th	Friday-6 th
Whole Wheat Toast w/ Turkey Bacon & Organic Milk	Scrambled Eggs Organic Milk	Toasted Whole Wheat Mini Bagels w/ Cream Cheese & Organic Milk	Yogurt w/Fresh Fruit Organic Milk	Mini Blueberry Muffins Organic Milk
Chicken Alfredo Rotini Steamed Broccoli Florets Fresh Fruit Organic Milk	Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Chicken Breast Nuggets Garden Salad w/ Ranch Dressing Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Fresh Cut Green Beans Fresh Fruit Organic Milk	Grilled Chicken Breast Herb Roasted Potatoes Fresh Fruit Organic Milk
Pretzels w/ Cheddar Cheese	Fresh Fruit Medley	Natural Applesauce w/ Graham Crackers	Nut Free Trail Mix	Chicken Salad w/ Whole Wheat Crackers
9 th	10 th	11 th	12 th	13 th
Breakfast Tacos Organic Milk	Hash Browns w/Turkey Sausage Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Cinnamon Rolls Organic Milk	Fresh Bananas Organic Milk
Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Chicken Noodle Soup Grilled Cheese Sandwich Fresh Fruit Organic Milk	Ground Turkey Cottage Pie Mixed Veggies Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk
Whole Wheat Mini Bagel Cheese Pizza	Nut Free Granola Bars	Fresh Veggies w/ Ranch Dressing	Cheddar Cheese w/ Whole Wheat Crackers	Yogurt w/ Fresh Fruit
16 th	17 th	18 th	19 th	20 th
Yogurt w/Fresh Fruit Organic Milk	Whole Grain Cereal Organic Milk	Warm Biscuits w/Butter, Turkey Sausage, Organic Milk	Toasted Whole Wheat Mini Bagels w/ Cream Cheese & Organic Milk	Scrambled Eggs Organic Milk
Grilled Chicken Breast Herb Roasted Potatoes Fresh Fruit Organic Milk	Happy Saint Patrick's Day	Chicken Alfredo Rotini Fresh Cut Green Beans Fresh Fruit Organic Milk	Turkey Burgers Sweet Potato Fries Fresh Fruit Organic Milk	Lasagna Pasta Bake Steamed Broccoli Florets Fresh Fruit Organic Milk
Natural Applesauce w/ Graham Crackers	Party Snack	Pretzels w/ Cheddar Cheese	Chicken Salad w/ Whole Wheat Crackers	Mini Chocolate Chip Muffins w/ Fresh Bananas
23 rd	24 th	25 th	26 th	27 th
Cinnamon Rolls Organic Milk	Mini Blueberry Muffins Organic Milk	Fresh Bananas Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Breakfast Tacos Organic Milk
Cheese Pizza Fresh Cut Green Beans Fresh Fruit Organic Milk	Turkey & Cheese Pinwheels Baby Carrots Fresh Fruit Organic Milk	Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk	Chicken Breast Nuggets Garden Salad w/ Ranch Dressing Fresh Fruit Organic Milk
Cheddar Cheese w/ Whole Wheat Crackers	Yogurt w/ Fresh Fruit	Rice Krispy Treats	Whole Wheat Mini Bagel Cheese Pizza	Fresh Fruit Medley
30 th	31 st			
Whole Grain Cereal Organic Milk	Whole Wheat Toast w/Turkey Bacon & Organic Milk			
Chicken Noodle Soup Grilled Cheese Sandwich Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Baby Peas w/ Carrots Fresh Fruit Organic Milk			
Nut Free Granola Bars	Mini Chocolate Chip Muffins w/ Fresh Bananas			

Fresh Fruit Includes: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Blueberries, Pineapple, Mangos, Nectarines And Honeydew Melon.