

Academy Schools All Natural / Organic Menu April 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 30 th	Tuesday-31 st	Wednesday-1 st	Thursday-2 nd	Friday-3 rd
Whole Grain Cereal w/ Organic Milk	Whole Wheat Toast w/Turkey Sausage & Organic Milk	Egg and Cheese Wrap w/ Organic Milk	Mini Blueberry Muffins w/ Fresh Fruit & Organic Milk	Bananas w/ Organic Milk
Chicken Nuggets/Grilled Chicken Cucumbers w/ Ranch Dressing Fresh Fruit Organic Milk	Cheese Pizza Steamed Baby Carrots Fresh Fruit Organic Milk	Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Roasted Red Skin Potatoes Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk
Turkey and Cheese Roll-ups	Yogurt w/ Fresh Fruit	Cheddar Cheese w/ Pretzels	Nut Free Trail Mix	Chicken Salad w/ Whole Wheat Crackers
6 th	7 th	8 th	9 th	10 th
Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Cinnamon Rolls w/ Organic Milk	Whole Grain Cereal w/ Organic Milk	Warm Biscuits w/ Turkey Sausage & Organic Milk	Mini Blueberry Muffins w/ Organic Milk
Turkey & Grilled Cheese Sandwich Fresh Cut Green Beans Fresh Fruit Organic Milk	Chicken Patty Burger On A Whole Wheat Bun Tatar Tots Fresh Fruit Organic Milk	Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Sweet Petite Garden Peas Fresh Fruit Organic Milk	Soy Butter w/ Preserves on Whole Wheat Bread Veggies w/ Ranch Dressing Fresh Fruit Organic Milk	Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk
Natural Cinnamon Apple Sauce w/ Graham Crackers	Cheddar Cheese w/ Whole Wheat Crackers	Vanilla Pudding w/ Vanilla Wafers	Fresh Fruit Medley	Mini Bagel Cheese Pizzas

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Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Rolls w/ Organic Milk	Mini Bagels w/ Cream Cheese & Organic Milk	Whole Wheat Waffles w/ Maple Syrup & Organic Milk	Whole Wheat Toast w/ Turkey Bacon & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk
Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk	Chicken Breast Nuggets Sweet Petite Garden Peas Fresh Fruit Organic Milk	Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Grilled Chicken Breast Whole Wheat Bread and Butter Oven Roasted Potatoes Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
Chicken Salad w/ Whole Wheat Crackers	Mini Chocolate Chip Muffins w/ Fresh Bananas	Whole Grain Nut Free Trail Mix	Fresh Fruit Medley	Pretzels w/ Cheddar Cheese
Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Warm Biscuits w/ Turkey Sausage & Organic Milk	Whole Grain Cereal w/ Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk	Mini Blueberry Muffins w/ Organic Milk
Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Turkey Burgers On A Whole Wheat Bun Tatar Tots Fresh Fruit Organic Milk	Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Fresh Cut Green Beans Fresh Fruit Organic Milk	Soy Butter w/ Preserves on Whole Wheat Bread Veggies w/ Ranch Dressing Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk
Yogurt w/ Fresh Fruit	Cheddar Cheese w/ Whole Wheat Crackers	Vanilla Pudding w/ Vanilla Wafers	Natural Cinnamon Apple Sauce w/ Graham Crackers	Mini Bagel Cheese Pizzas
Yogurt w/ Fresh Fruit & Organic Milk	Whole Wheat Waffles w/ Maple Syrup & Organic Milk	Mini Bagels w/ Cream Cheese & Organic Milk	Cinnamon Rolls w/ Organic Milk	Whole Wheat Toast w/ Turkey Bacon & Organic Milk
Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Chicken Alfredo w/ Whole Wheat Pasta Steamed Broccoli Florets Fresh Fruit Organic Milk	Chicken Breast Nuggets Sweet Petite Garden Peas Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk	Grilled Chicken Breast Whole Wheat Bread and Butter Oven Roasted Potatoes Fresh Fruit Organic Milk
Pretzels w/ Cheddar Cheese	Whole Grain Nut Free Trail Mix	Mini Chocolate Chip Muffins w/ Fresh Bananas	Home Economics Project	Fresh Fruit Medley
Mini Blueberry Muffins w/ Organic Milk	Whole Grain Cereal w/ Organic Milk	Warm Biscuits w/ Turkey Sausage & Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk
Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk	Pulled BBQ Chicken Sandwich On A Whole Wheat Bun Fresh Cut Green Beans Fresh Fruit Organic Milk	Homemade Chicken Noodle Soup w/ Grilled Cheese On Whole Wheat Bread Fresh Fruit Organic Milk	Chicken and Cheese Quesadillas Sweet Golden Corn Fresh Fruit Organic Milk	Soy Butter w/ Preserves on Whole Wheat Bread Veggies w/ Ranch Dressing Fresh Fruit Organic Milk
Mini Bagel Cheese Pizzas	Vanilla Pudding w/ Vanilla Wafers	Cheddar Cheese w/ Whole Wheat Crackers	Yogurt w/ Fresh Fruit	Natural Cinnamon Apple Sauce w/ Graham Crackers
Yogurt w/ Fresh Fruit & Organic Milk	Breakfast Burritos w/ Organic Milk	Whole Wheat Cinnamon Toast w/ Organic Milk	Whole Grain Cereal w/ Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk
Turkey and Cheese Croissants Sweet Potato Fries Fresh Fruit Organic Milk	Cheese Tortellini French Cut Green Beans Fresh Fruit Organic Milk	Baked Chicken Drumsticks Fresh Cut Green Beans Fresh Fruit Organic Milk	Chicken Soft Tacos Sweet Golden Corn Fresh Fruit Organic Milk	Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk
Fresh Bananas w/ Soy Butter	Apple Slices w/ Cheddar Cheese	Fresh Fruit Medley	Chicken Salad w/ Whole Wheat Crackers	Rice Krispy Treats

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Monday-13 th	Tuesday-14 th	Wednesday-15 th	Thursday-16 th	Friday-17 th
Yogurt w/ Fresh Fruit & Organic Milk	Whole Wheat Waffles w/ Maple Syrup & Organic Milk	Mini Bagels w/ Butter & Organic Milk	Cinnamon Rolls w/ Organic Milk	Whole Wheat Toast w/ Turkey Bacon & Organic Milk
Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Fresh Fruit Organic Milk	Homemade Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Chicken Breast Nuggets Sweet Petite Garden Peas Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Pulled BBQ Chicken on a Whole Wheat Bun Oven Roasted Potatoes Fresh Fruit Organic Milk
Chicken Salad w/ Whole Wheat Crackers	Whole Grain Nut Free Trail Mix	Gala Apples w/ Soy Butter	Pretzels w/ Cheddar Cheese	Fresh Fruit Medley
20 th	21 st	22 nd	23 rd	24 th
Whole Grain Cereal w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk	Warm Biscuits w/ Turkey Sausage & Organic Milk	Mini Blueberry Muffins w/ Organic Milk
Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Garlic Bread Fresh Cut Green Beans Fresh Fruit Organic Milk	Chicken and Cheese Quesadillas Baby Carrots Fresh Fruit Organic Milk	Soy Butter w/ Preserves on Whole Wheat Bread Cucumbers w/ Ranch Dressing Fresh Fruit Organic Milk	Turkey and Cheese Roll-ups Tatar Tots Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk
Vanilla Pudding w/ Vanilla Wafers	Yogurt w/ Fresh Fruit	Cheddar Cheese w/ Whole Wheat Crackers	Natural Cinnamon Apple Sauce w/ Graham Crackers	Mini Bagel Cheese Pizzas