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

## **Academy Schools All Natural / Organic Menu 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	Thursday	Friday
Cinnamon Rolls	Mini Bagels w/ Cream Cheese	Whole Wheat Waffles w/ Maple	Whole Wheat Toast w/	Yogurt w/ Fresh Fruit
w/ Organic Milk	& Organic Milk	Syrup & Organic Milk	Turkey Bacon & Organic Milk	& Organic Milk
Whole Wheat French Toast	Chicken Breast Nuggets	Homemade Macaroni and Cheese	Grilled Chicken Breast	Whole Wheat Cheese Pizza
w/ Maple Syrup	Sweet Petite Garden Peas	Steamed Broccoli Florets	Whole Wheat Bread and Butter	Sweet Golden Corn
Turkey Sausage	Fresh Fruit	Fresh Fruit	Oven Roasted Potatoes	Fresh Fruit
Fresh Fruit	Organic Milk	Organic Milk	Fresh Fruit	Organic Milk
Organic Milk		Organic Ivini	Organic Milk	organic ivini
Chicken Salad w/	Mini Chocolate Chip Muffins	Whole Grain Nut Free Trail Mix	Fresh Fruit Medley	Pretzels w/ Cheddar Cheese
Whole Wheat Crackers	w/ Fresh Bananas	Whole Grain Nut Free Trail Witx	Fresh Fruit Medicy	Tretzeis w/ Cheddar Cheese
whole wheat Crackers	W/ Fresh Bahahas			
	777 PA 41 / F 1 G	****	7 7 17 17 1	751 4 751 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7
Whole Wheat Pancakes	Warm Biscuits w/ Turkey Sausage	Whole Grain Cereal	Egg Patty w/ Fresh Fruit	Mini Blueberry Muffins
w/ Maple Syrup & Organic Milk	& Organic Milk	w/ Organic Milk	& Organic Milk	w/ Organic Milk
Chicken and Cheese Quesadillas	Turkey Burgers	Whole Wheat Pasta w/ Turkey	Soy Butter w/ Preserves on	Alaskan Pollock Fish Sticks
Sweet Golden Corn	On A Whole Wheat Bun	Meatballs In Marinara Sauce	Whole Wheat Bread	Sweet Petite Garden Peas
Fresh Fruit	Tatar Tots	Fresh Cut Green Beans	Veggies w/ Ranch Dressing	Fresh Fruit
Organic Milk	Fresh Fruit	Fresh Fruit	Fresh Fruit	Organic Milk
e e e e e e e e e e e e e e e e e e e	Organic Milk	Organic Milk	Organic Milk	8
Yogurt w/ Fresh Fruit	Cheddar Cheese w/	Vanilla Pudding w/ Vanilla Wafers	Natural Cinnamon Apple Sauce w/	Mini Bagel Cheese Pizzas
Togule W/ Tresh Truit	Whole Wheat Crackers	variations were the second second	Graham Crackers	Willia Buger Cheese I izzus
	Whole Wheat Cluckers		Granam Crackers	
Yogurt w/ Fresh Fruit	Whole Wheat Waffles w/ Maple	Mini Bagels w/ Cream Cheese	Cinnamon Rolls	Whole Wheat Toast w/
& Organic Milk	Syrup & Organic Milk	& Organic Milk	w/ Organic Milk	Turkey Bacon & Organic Milk
Whole Wheat Cheese Pizza	Chicken Alfredo w/	Chicken Breast Nuggets	Whole Wheat French Toast	Grilled Chicken Breast
Sweet Golden Corn	Whole Wheat Pasta	Sweet Petite Garden Peas	w/ Maple Syrup	Whole Wheat Bread and Butter
Fresh Fruit	Steamed Broccoli Florets	Fresh Fruit	Turkey Sausage	Oven Roasted Potatoes
Organic Milk	Fresh Fruit	Organic Milk	Fresh Fruit	Fresh Fruit
	Organic Milk		Organic Milk	Organic Milk
Pretzels w/ Cheddar Cheese	Whole Grain Nut Free Trail Mix	Mini Chocolate Chip Muffins	Home Economics Project	Fresh Fruit Medley
		w/ Fresh Bananas	_	_
Mini Blueberry Muffins	Whole Grain Cereal	Warm Biscuits w/ Turkey Sausage	Whole Wheat Pancakes	Egg Patty w/ Fresh Fruit
w/ Organic Milk	w/ Organic Milk	& Organic Milk	w/ Maple Syrup & Organic Milk	& Organic Milk
Alaskan Pollock Fish Sticks	Pulled BBQ Chicken Sandwich	Homemade Chicken Noodle Soup	Chicken and Cheese Quesadillas	Soy Butter w/ Preserves on
Sweet Petite Garden Peas	On A Whole Wheat Bun	w/ Grilled Cheese	Sweet Golden Corn	Whole Wheat Bread
Fresh Fruit	Fresh Cut Green Beans	On Whole Wheat Bread	Fresh Fruit	Veggies w/ Ranch Dressing
Organic Milk	Fresh Fruit	Fresh Fruit	Organic Milk	Fresh Fruit
Organic Wink			Organic Milk	
M'-' D 1C' P'	Organic Milk	Organic Milk	V	Organic Milk
Mini Bagel Cheese Pizzas	Vanilla Pudding w/ Vanilla Wafers	Cheddar Cheese w/	Yogurt w/ Fresh Fruit	Natural Cinnamon Apple Sauce w/
		Whole Wheat Crackers		Graham Crackers
Yogurt w/ Fresh Fruit	Breakfast Burritos	Whole Wheat Cinnamon Toast	Whole Grain Cereal	Oatmeal w/ Apples, Cinnamon
& Organic Milk	w/ Organic Milk	w/ Organic Milk	w/ Organic Milk	& Organic Milk
Turkey and Cheese Croissants	Cheese Tortellini	Baked Chicken Drumsticks	Chicken Soft Tacos	Homemade Macaroni and Cheese
Sweet Potato Fries	French Cut Green Beans	Fresh Cut Green Beans	Sweet Golden Corn	Steamed Broccoli Florets
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
Fresh Bananas w/ Soy Butter	Apple Slices w/ Cheddar Cheese	Fresh Fruit Medley	Chicken Salad w/	Rice Krispy Treats
11000 Dunanas W Soy Dutter	Tipple blices w Cheduar Cheese	i resii i ruit metaley	Whole Wheat Crackers	ide inspyrieum
		L	Whole Wheat Clackers	