

Academy Schools All Natural / Organic Menu August 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-3 rd	Tuesday-4 th	Wednesday-5 th	Thursday-6 th	Friday-7 th
Whole Grain Cereal w/ Organic Milk	Whole Wheat Bagels w/ Cream Cheese & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Buttermilk Whole Wheat Biscuits w/ Preserves & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk
Crispy Turkey Tacos Veggies w/ Ranch Dressing Fresh Fruit Organic Milk	Grilled Chicken Breast Whole Wheat Bread and Butter French Cut Green Beans Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk
Whole Wheat Bagel Cheese Pizzas	Fresh Bananas w/ Graham Crackers	Mild Cheddar Cheese w/ Whole Wheat Crackers	Veggies w/ Ranch Dressing	Whole Grain Nut Free Trail Mix
10th	11th	12th	13th	14th
Whole Wheat Toast w/ Turkey Bacon & Organic Milk	Cinnamon Rolls w/ Organic Milk	Egg Patty Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Closed In-Service Day
Turkey Toms On A Whole Wheat Bun Baked Sweet Potato Fries Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk	
Soft Pretzels w/ Cheddar Cheese Dip	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Chicken Salad w/ Whole Wheat Crackers	Oatmeal Blueberry, Pomegranate Bars	
17th	18th	19th	20th	21st
Whole Wheat Bagels w/ Cream Cheese & Organic Milk	Whole Grain Cereal w/ Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Buttermilk Whole Wheat Biscuits w/ Turkey Sausage & Organic Milk
Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Mixed Vegetables Fresh Fruit Organic Milk	Oven Roasted Turkey Breast & Cheese Spinach Herb Roll-Ups Tatar Tots Fresh Fruit Organic Milk	Chicken Alfredo On Whole Grain Pasta Sweet Petite Garden Peas Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Sun Butter w/ Preserves on Whole Wheat Bread Veggies w/ Ranch Dressing Fresh Fruit Organic Milk
Veggies w/ Ranch Dressing	Whole Wheat Bagel Cheese Pizzas	Vanilla Pudding w/ Graham Crackers	Pretzels w/ Cheddar Cheese	Whole Grain Banana Muffins
24th	25th	26th	27th	28th
Whole Grain Blueberry Muffins w/ Organic Milk	Egg Patty Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Wheat Cinnamon Toast & Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk
Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Cheese Tortellini Steamed Broccoli Florets Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Turkey Meatball Subs On Whole Wheat Bun Mixed Vegetables Fresh Fruit Organic Milk	Pulled BBQ Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk
Chicken Salad w/ Whole Wheat Crackers	Oatmeal Blueberry, Pomegranate Bars	Whole Grain Nut Free Trail Mix	Fresh Bananas w/ Graham Crackers	Soft Pretzels w/ Cheddar Cheese Dip
31st				
Cinnamon Rolls w/ Organic Milk				
Baked Chicken Wings Fresh Cut Green Beans Fresh Fruit Organic Milk				
Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers				