

Starboard Academy Schools All Natural / Organic September 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 -31st	Tuesday-1st	Wednesday-2 nd	berries, Pineapple, Mangos, Nectarii Thursday-3 rd	Friday-4 th
Cinnamon Rolls	Whole Wheat Bagels	Yogurt w/ Fresh Fruit	Buttermilk Whole Wheat Biscuits w/	Whole Grain Waffles w/
w/ Organic Milk	w/ Cream Cheese & Organic Milk	& Organic Milk	Preserves & Organic Milk	Maple Syrup & Organic Milk
Whole Wheat French Toast	Crispy Turkey Tacos	Grilled Chicken Breast	Whole Wheat Pasta w/ Turkey	Alaskan Pollock Fish Sticks-3
w/ Maple Syrup	Veggies w/ Ranch Dressing	Whole Wheat Bread and Butter	Meatballs In Marinara Sauce	Sweet Petite Garden Peas
Turkey Sausage Patty	Fresh Fruit	French Cut Green Beans	Steamed Broccoli Florets	Fresh Fruit
Fresh Fruit	Organic Milk	Fresh Fruit	Fresh Fruit	Organic Milk
Organic Milk	5 - g	Organic Milk	Organic Milk	9 - 8
Natural Unsweetened Cinnamon	Fresh Bananas w/	Mild Cheddar Cheese w/	Veggies w/ Ranch Dressing	Whole Grain Nut Free Trail Mix
Apple Sauce w/ Graham Crackers	Graham Crackers	Whole Wheat Crackers	, eggies w rumen 21 essing	, , , , , , , , , , , , , , , , , , ,
7 th	8 th	9 th	10 th	11 th
	Whole Wheat Toast w/	Egg Patty Wrap	Whole Wheat Pancakes	Whole Grain Blueberry Muffins
T C 270 7012	Turkey Bacon & Organic Milk	w/ Organic Milk	w/ Maple Syrup & Organic Milk	w/ Organic Milk
Tabby Tabby	Breaded Whole Grain	Whole Grain Macaroni and Cheese	Chicken Soft Tacos	Whole Wheat Cheese Pizza
	Chicken Breast Nuggets	Steamed Broccoli Florets	Steamed Carrots	Sweet Golden Corn
	French Cut Green Beans	Fresh Fruit	Fresh Fruit	Fresh Fruit
W TOOOT	Fresh Fruit	Organic Milk	Organic Milk	Organic Milk
Day	Organic Milk	organie ivini	organic ivini	01g
The state of the s	Soft Pretzels w/	Chicken Salad w/	Oatmeal Blueberry,	Fresh Fruit Medley
	Cheddar Cheese Dip	Whole Wheat Crackers	Pomegranate Bars	Tresh Truit Wealey
14 th	15 th	16 th	17 th	18 th
Whole Wheat Bagels	Whole Grain Cereal	Whole Grain Waffles w/	Yogurt w/ Fresh Fruit	Buttermilk Whole Wheat Biscuits w/
w/ Cream Cheese & Organic Milk	w/ Organic Milk	Maple Syrup & Organic Milk	& Organic Milk	Turkey Sausage & Organic Milk
Breaded Whole Grain Chicken Breast	Oven Roasted Turkey Breast &	Chicken Alfredo On	Whole Wheat French Toast	Sun Butter w/ Preserves on
On A Whole Wheat Bun	Cheese Spinach Herb Roll-Ups	Whole Grain Pasta	w/ Maple Syrup	Whole Wheat Bread
Mixed Vegetables	Tatar Tots	Sweet Petite Garden Peas	Turkey Sausage Patty	Veggies w/ Ranch Dressing
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
Veggies w/ Ranch Dressing	Whole Wheat Bagel Cheese Pizzas	Vanilla Pudding w/	Pretzels w/ Cheddar Cheese	Whole Grain Banana Muffins
veggies w/ Kanch Dressing	Whole Wheat Bagel Cheese Fizzas	Graham Crackers	r retzels w/ Cheduar Cheese	Whole Grain Bahana Mullins
21 st	22 nd	23 rd	24 th	25 th
Whole Grain Blueberry Muffins	Egg Patty Wrap	Whole Wheat Pancakes	Whole Wheat Cinnamon Toast	Oatmeal w/ Apples, Cinnamon
w/ Organic Milk	w/ Organic Milk	w/ Maple Syrup & Organic Milk	& Organic Milk	& Organic Milk
Whole Wheat Cheese Pizza	Cheese Tortellini	Breaded Whole Grain	C Organic Wink	Pulled BBQ Chicken Breast
Sweet Golden Corn	Steamed Broccoli Florets	Chicken Breast Nuggets	Mixed Vegetables	On A Whole Wheat Bun
Fresh Fruit	Fresh Fruit	French Cut Green Beans	Fresh Fruit	Steamed Carrots
Organic Milk	Organic Milk	Fresh Fruit	Organic Milk	Fresh Fruit
Or Sume Wilk	Or Same Milk	Organic Milk	Organic Willia	Organic Milk
Chicken Salad w/	Oatmeal Blueberry,	Whole Grain Nut Free Trail Mix	Fresh Bananas w/	Soft Pretzels w/
Whole Wheat Crackers	Pomegranate Bars	Whole Grain But Fice Hairwill	Graham Crackers	Cheddar Cheese Dip
28 th	29 th	30 th	Grandin Crackers	Cheddar Cheese Dip
Cinnamon Rolls	Whole Wheat Toast w/	Breakfast Tacos w/ Turkey Bacon	0.51	A . A
w/ Organic Milk	Bananas & Organic Milk	& Organic Milk	Play,	
Baked Chicken Wings	Turkey Meatball Subs	Chefs Choice	*Learn	
Fresh Cut Green Beans	On Whole Wheat Bun		and	
Fresh Fruit	Mixed Vegetables		C	
Organic Milk	Fresh Fruit		Grow	
Organic Willia	Organic Milk		a legether!	129
	O Sume Time	1	the southern	
Natural Unsweetened Cinnamon Apple	Home Economics Project Snack	Whole Grain Banana Muffins		