



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 -31 st	Tuesday-1 st	Wednesday-2 nd	Thursday-3 rd	Friday-4 th
Cinnamon Rolls 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
Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit 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 Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks-3 Sweet Petite Garden Peas Fresh Fruit Organic Milk
Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Fresh Bananas w/ Graham Crackers	Mild Cheddar Cheese w/ Whole Wheat Crackers	Veggies w/ Ranch Dressing	Whole Grain Nut Free Trail Mix
7 th	8 th	9 th	10 th	11 th
	Whole Wheat Toast w/ Turkey Bacon & Organic Milk	Egg Patty Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Grain Blueberry Muffins w/ 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	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
	Soft Pretzels w/ Cheddar Cheese Dip	Chicken Salad w/ Whole Wheat Crackers	Oatmeal Blueberry, Pomegranate Bars	Fresh Fruit Medley
14 th	15 th	16 th	17 th	18 th
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
21 st	22 nd	23 rd	24 th	25 th
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	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
28 th	29 th	30 th		
Cinnamon Rolls w/ Organic Milk	Whole Wheat Toast w/ Bananas & Organic Milk	Breakfast Tacos w/ Turkey Bacon & Organic Milk		
Baked Chicken Wings Fresh Cut Green Beans Fresh Fruit Organic Milk	Turkey Meatball Subs On Whole Wheat Bun Mixed Vegetables Fresh Fruit Organic Milk	Chefs Choice		
Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Home Economics Project Snack	Whole Grain Banana Muffins		