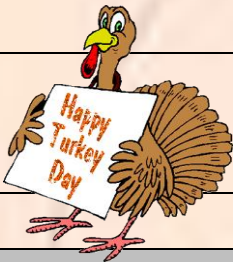
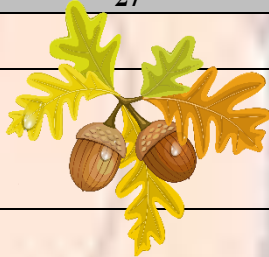


Bright Star Academy All Natural / Organic November Menu 2020

Morning snack And Lunch Are Served With Organic Milk/Water And Afternoon Snack With Water

A Vegan Free Option Is Available For Children With Allergies And Special Dietary Restrictions

Fresh Fruit Includes: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Blueberries, Pineapple, Nectarines And Honeydew Melon

Monday-2 nd	Tuesday-3 rd	Wednesday-4 th	Thursday-5 th	Friday-6 th
Cinnamon Rolls w/ Organic Milk	Whole Wheat Toast & Bananas w/ Organic Milk	Turkey Bacon, Egg & Cheese Wrap w/ Organic Milk	Whole Grain Cereal w/ Organic Milk	Yogurt & Fresh Fruit w/ Organic Milk
Oven Roasted Turkey Breast & Cheese Spinach Herb Roll-Ups Fresh Cut Green Beans Fresh Fruit Organic Milk	Turkey Meatball Subs On Whole Wheat Bun Mixed Vegetables Fresh Fruit Organic Milk	Breaded Chicken Breast On a Whole Wheat Bun Tater tots Fresh Fruit Organic Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
Natural Unsweetened Cinnamon Applesauce w/ Graham Crackers	Whole Grain Goldfish Crackers	Whole Grain Banana Muffins	Fresh Fruit Medley	Vanilla Pudding w/ Bananas
9 th	10 th	11 th	12 th	13 th
Whole Grain Cereal w/ Organic Milk	Buttermilk Whole Wheat Biscuits & Preserves w/ Organic Milk	Yogurt & Fresh Fruit w/ Organic Milk	Whole Wheat Bagels w/ Organic Milk	Whole Grain Waffles & Maple Syrup w/ Organic Milk
Crispy Turkey Tacos Sweet Golden Corn 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/ Animal Crackers	Cheddar Cheese w/ Wheat Crackers	Veggies w/ Ranch Dressing	Whole Grain Nut Free Trail Mix
16 th	17 th	18 th	19 th	20 th
Whole Wheat Toast & Turkey Bacon w/ Organic Milk	Cinnamon Rolls w/ Organic Milk	Egg & Cheese Wrap w/ Organic Milk	Whole Wheat Pancakes & Maple Syrup w/ Organic Milk	Whole Grain Blueberry Muffins w/ Organic Milk
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	Thanksgiving Dinner Turkey, Mashed Potatoes, Stuffing Sweet Corn Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
Soft Pretzels w/ Cheddar Cheese	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Chicken Salad w/ Whole Wheat Crackers	Pumpkin Pie	Fresh Fruit Medley
23 rd	24 th	25 th	26 th	27 th
Whole Wheat Bagels w/ Organic Milk	Whole Grain Cereal w/ Organic Milk	Whole Grain Waffles & Maple Syrup w/ 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		
Vanilla Pudding w/ Graham Crackers	Whole Wheat Bagel Cheese Pizzas	Whole Grain Nut Free Trail Mix		
30 th				
Buttermilk Whole Wheat Biscuits & Turkey Sausage w/ Organic Milk				
Sun Butter w/ Preserves on Whole Wheat Bread Veggies w/ Ranch Dressing Fresh Fruit Organic Milk				
Whole Grain Banana Muffins				

