

Starboard Academy All Natural / Organic December 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-1 st	Wednesday-2 nd	Thursday-3 rd	Friday-4 th
	Buttermilk Whole Wheat Biscuits w/ Preserves & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk
	Grilled Chicken Breast Whole Wheat Bread and Butter Mixed Vegetables 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
	Vanilla Pudding w/ Bananas	Cheddar Cheese w/ Whole Wheat Crackers	Whole Grain Banana Muffins	Whole Grain Nut Free Trail Mix
7 th	8 th	9 th	10 th	11 th
Whole Wheat Bagels w/ Butter & Organic Milk	Cinnamon Rolls & Organic Milk	Egg & Cheese Wrap & Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Grain Blueberry Muffins & 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	Oven Roasted Turkey Breast & Cheese Subs Tatar Tots Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
Pretzels w/ Cheddar Cheese	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	GRINCH Snack Home Economics Project Snack	Oatmeal Apple Cinnamon Bars	Fresh Fruit
14 th	15 th	16 th	17 th	18 th
Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk	Whole Grain Cereal & Organic Milk	Holiday Breakfast	Buttermilk Whole Wheat Biscuits w/ Preserves & Organic Milk
Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk	Chicken Alfredo On Whole Grain Pasta Mixed Vegetable 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
Cheddar Cheese w/ Whole Wheat Crackers	Whole Grain Nut Free Trail Mix	Vanilla Pudding w/ Bananas	Holiday Party Snack	Whole Grain Banana Muffins
21 st	22 nd	23 rd	24 th	25 th
Whole Grain Blueberry Muffins & Organic Milk	Turkey Bacon, Egg & Cheese Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Closed Christmas Eve	Closed Merry Christmas
Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Cheese Tortellini w/ Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk		
Fresh Fruit	Oatmeal Apple Cinnamon Bars	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers		
28 th	29 th	30 th	31 st	
Cinnamon Rolls & Organic Milk	Whole Grain Cereal & Organic Milk	Whole Wheat Toast w/ Preserves & Organic Milk		
Turkey Frito Pie Fresh Cut Green Beans Fresh Fruit Organic Milk	Turkey Meatball Subs On Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk		
Whole Grain Goldfish Crackers	Cheese Quesadilla	Fresh Fruit		