

Starboard Academy All Natural / Organic *April* Menu 2021

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 | Wednesday | Thursday-1 st | Friday-2 nd |
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|  |  |  | Whole Grain Waffles w/ Maple Syrup & Organic Milk | Oatmeal w/ Apples, Cinnamon & 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 Grain Blueberry Muffins | Whole Grain Nut Free Trail Mix |
| 5 th | 6 th | 7 th | 8 th | 9 th |
| Whole Wheat Bagels w/ Butter & Organic Milk | Cinnamon Rolls & Organic Milk | Egg & Cheese Wrap & Organic Milk | Spring Fling Party Snack | Whole Grain Apple Cinnamon Muffins & Organic Milk |
| Turkey Toms On A Whole Wheat Bun Baked Sweet Potato Fries Fresh Fruit Organic Milk | Oven Roasted Turkey Breast & Cheese Subs Tatar Tots Fresh Fruit Organic Milk | Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk | Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans 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 | Chicken Salad w/ Whole Wheat Crackers | Party Snack | Fresh Fruit |
| 12 th | 13 th | 14 th | 15 th | 16 th |
| Oatmeal w/ Apples, Cinnamon & Organic Milk | Whole Grain Waffles w/ Maple Syrup & Organic Milk | Whole Grain Cereal & Organic Milk | Yogurt w/ Fresh Fruit & Organic Milk | 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 | Home Economics Project Snack | Whole Wheat Bagel Cheese Pizzas | Whole Grain Blueberry Muffins |
| 19 th | 20 th | 21 st | 22 nd | 23 rd |
| Whole Grain Apple Cinnamon Muffins & Organic Milk | Turkey Bacon, Egg & Cheese Wrap w/ Organic Milk | Whole Wheat Pancakes w/ Maple Syrup & Organic Milk | Whole Wheat Cinnamon Toast & Organic Milk | Whole Wheat Bagels w/ Butter & Organic Milk |
| 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 | Chicken Noodle Soup w/ Mixed Vegetables Fresh Fruit Organic Milk | Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk |
| Fresh Fruit | Oatmeal Apple Cinnamon Bars | Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers | Vanilla Pudding w/ Bananas | Pretzels w/ Cheddar Cheese |
| 26 th | 27 th | 28 th | 29 th | 30 th |
| Cinnamon Rolls & Organic Milk | Whole Grain Cereal & Organic Milk | Whole Wheat Toast w/ Preserves & Organic Milk | Turkey Sausage w/ Fresh Fruit & Organic Milk | Yogurt w/ Fresh Fruit & 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 Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk | Chefs Choice Vegetable Fresh Fruit Organic Milk |
| Whole Grain Goldfish Crackers | Cheese Quesadilla | Fresh Fruit | Chicken Salad w/ Whole Wheat Crackers | Chefs Choice |

