Bright Star Academy Schools All Natural / Organic 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

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Monday	Tuesday-1st	Wednesday-2 nd	Thursday-3 rd	Friday-4 th
•	Buttermilk Whole Wheat Biscuits w/	Yogurt w/ Fresh Fruit	Oatmeal w/ Apples, Cinnamon	Whole Grain Waffles w/
momorial	Preserves & Organic Milk	& Organic Milk	& Organic Milk	Maple Syrup & Organic Milk
IIICIIIUI ICII	Grilled Chicken Breast	Whole Wheat French Toast	Whole Wheat Pasta w/ Turkey	MEXICAN THEMED LUNCH
TATI	Whole Wheat Bread and Butter	w/ Maple Syrup	Meatballs In Marinara Sauce	Crispy Turkey Tacos
IJAY	Mixed Vegetables	Turkey Sausage Patty	Steamed Broccoli Florets	Mexican Rice
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Pineapple & Papaya
	Organic Milk	Organic Milk	Organic Milk	Organic Milk
	Cheddar Cheese w/	Sun Butter w/ Bananas	Whole Grain Blueberry Muffins	CINNAMON SUGAR CHURROS
	Whole Wheat Crackers		, note or an Brackerry manning	CHAMINION SCOTH CHERROS
$7^{ m th}$	8 th	9 th	10 th	11 th
Whole Wheat Bagels w/ Butter	Whole Grain Cinnamon Rolls	Egg & Cheese Wrap	Whole Wheat Pancakes	Whole Grain Apple Cinnamon
& Organic Milk	& Organic Milk	& Organic Milk	w/ Maple Syrup & Organic Milk	Muffins & Organic Milk
Turkey Meatball Subs	Breaded Whole Grain	Whole Grain Macaroni and Cheese	Oven Roasted Turkey Breast &	Whole Wheat Cheese Pizza
On Whole Wheat Bun	Chicken Breast Nuggets	Steamed Broccoli Florets	Cheese Spinach Herb Roll-Ups	Sweet Golden Corn
Tatar Tots	French Cut Green Beans	Fresh Fruit	Veggie's w/ Ranch Dressing	Fresh Fruit
Fresh Fruit	Fresh Fruit	Organic Milk	Fresh Fruit	Organic Milk
Organic Milk	Organic Milk	Organic Mini	Organic Milk	Organic Ivini
Whole Grain Pretzels	Natural Unsweetened Cinnamon	AFRICAN FRUIT SALAD	Oatmeal Apple Cinnamon Bars	Chicken Salad w/
w/ Cheddar Cheese	Apple Sauce w/ Graham Crackers	AFRICAN FRUIT SALAD	Oatmen Apple Chinamon Bars	Whole Wheat Crackers
14 th	15 th	16 th	17 th	18 th
Buttermilk Whole Wheat Biscuits w/	Whole Grain Waffles w/	Whole Grain Cereal	Yogurt w/ Fresh Fruit	
Preserves & Organic Milk	Maple Syrup & Organic Milk	& Organic Milk	& Organic Milk	Donuts With DAD
Breaded Whole Grain Chicken Breast	Alaskan Pollock Fish Sticks	Chicken Alfredo On	Whole Wheat French Toast	Sun Butter w/ Preserves on
On A Whole Wheat Bun	Sweet Petite Garden Peas	Whole Grain Pasta	whole wheat French Toast w/ Maple Syrup	Whole Wheat Bread
Steamed Carrots	Fresh Fruit			
Fresh Fruit		Mixed Vegetable Fresh Fruit	Turkey Sausage Patty Fresh Fruit	Veggie's w/ Ranch Dressing Fresh Fruit
	Organic Milk			
Organic Milk		Organic Milk	Organic Milk	Organic Milk
Cheddar Cheese w/	INDIA Home Economics Project	Whole Grain Nut Free Trail Mix	Whole Wheat Bagel Cheese Pizzas	Whole Grain Blueberry Muffins
Whole Wheat Crackers	MANGO LASSIE W/ PRETZELS	• • • • •	2.00	
21 st	22 nd	23 rd	24 th	25 th
Whole Grain Apple Cinnamon	Turkey Bacon & Egg Wrap	Whole Wheat Pancakes	Whole Grain Cinnamon Rolls	Whole Wheat Bagels
Muffins & Organic Milk	w/ Organic Milk	w/ Maple Syrup & Organic Milk	& Organic Milk	& Organic Milk
Whole Wheat Cheese Pizza	Cheese Tortellini w/ Marinara Sauce	Breaded Whole Grain	Chicken Noodle Soup w/	Chicken Soft Tacos
Sweet Golden Corn	Steamed Broccoli Florets	Chicken Breast Nuggets	Mixed Vegetables	Steamed Carrots
Fresh Fruit	Fresh Fruit	French Cut Green Beans	EGYPTIAN SPICED ORANGES	Fresh Fruit
Organic Milk	Organic Milk	Fresh Fruit	Organic Milk	Organic Milk
		Organic Milk		
Fresh Fruit	Vanilla Pudding w/ Bananas	Natural Unsweetened Cinnamon	Home Economics Project	Whole Grain Pretzels
		Apple Sauce w/ Graham Crackers	EGYPTIAN BUTTER COOKIE	w/ Cheddar Cheese
28 th	29 th	30 th		
Whole Wheat Cinnamon Toast	Whole Grain Cereal	Whole Wheat Toast w/		
& Organic Milk	& Organic Milk	Preserves & Organic Milk		
USA Turkey Hamburgers	Turkey Meatball Subs	Turkey Frito Pie		
On A Whole Wheat Bun	On Whole Wheat Bun	Fresh Cut Green Beans		
French Fries	Tatar Tots	Fresh Fruit		The state of the s
Watermelon	Fresh Fruit	Organic Milk	Нарру	and the same of th
Organic Milk	Organic Milk	J	ATHERS	
Home Economics Project	Cheese Quesadilla	Fresh Fruit	Day	JH VASTA
MINI APPLE PIES	_		A STATE OF THE PARTY OF THE PAR	
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