

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

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	MEXICAN THEMED LUNCH Crispy Turkey Tacos Mexican Rice Pineapple & Papaya Organic Milk
	Cheddar Cheese w/ Whole Wheat Crackers	Sun Butter w/ Bananas	Whole Grain Blueberry Muffins	CINNAMON SUGAR CHURROS
7 th	8 th	9 th	10 th	11 th
Whole Wheat Bagels w/ Butter & Organic Milk	Whole Grain Cinnamon Rolls & Organic Milk	Egg & Cheese Wrap & Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Grain Apple Cinnamon Muffins & Organic Milk
Turkey Meatball Subs On Whole Wheat Bun Tatar Tots 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 Spinach Herb Roll-Ups Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
Whole Grain Pretzels w/ Cheddar Cheese	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	AFRICAN FRUIT SALAD	Oatmeal Apple Cinnamon Bars	Chicken Salad w/ Whole Wheat Crackers
14 th	15 th	16 th	17 th	18 th
Buttermilk Whole Wheat Biscuits w/ Preserves & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk	Whole Grain Cereal & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Donuts With DAD
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 Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk
Cheddar Cheese w/ Whole Wheat Crackers	INDIA Home Economics Project MANGO LASSIE W/ PRETZELS	Whole Grain Nut Free Trail Mix	Whole Wheat Bagel Cheese Pizzas	Whole Grain Blueberry Muffins
21 st	22 nd	23 rd	24 th	25 th
Whole Grain Apple Cinnamon Muffins & Organic Milk	Turkey Bacon & Egg Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Grain Cinnamon Rolls & Organic Milk	Whole Wheat Bagels & 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 EGYPTIAN SPICED ORANGES Organic Milk	Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk
Fresh Fruit	Vanilla Pudding w/ Bananas	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Home Economics Project EGYPTIAN BUTTER COOKIE	Whole Grain Pretzels w/ Cheddar Cheese
28 th	29 th	30 th	 	
Whole Wheat Cinnamon Toast & Organic Milk	Whole Grain Cereal & Organic Milk	Whole Wheat Toast w/ Preserves & Organic Milk		
USA Turkey Hamburgers On A Whole Wheat Bun French Fries Watermelon Organic Milk	Turkey Meatball Subs On Whole Wheat Bun Tatar Tots Fresh Fruit Organic Milk	Turkey Frito Pie Fresh Cut Green Beans Fresh Fruit Organic Milk		
Home Economics Project MINI APPLE PIES	Cheese Quesadilla	Fresh Fruit		

