

# Little Stars All Natural / Organic Menu 2021

Morning Breakfast And Lunch Are Always Served With Organic Milk/Water And Afternoon Snack With Water or Organic Milk

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

Monday	Tuesday-1 <sup>st</sup>	Wednesday-2 <sup>nd</sup>	Thursday-3 <sup>rd</sup>	Friday-4 <sup>th</sup>
	Buttermilk Whole Wheat Biscuits w/ Fresh Fruit, & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Fresh Fruit, 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	Chicken Salad On Whole Wheat Bread Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk
	Cheddar Cheese w/ Whole Wheat Crackers	Whole Grain Animal Crackers w/ Organic Milk	<b>INDIA Home Economics Project</b> <b>MANGO LASSIE W/ PRETZELS</b>	Whole Grain Nut Free Trail Mix w/ Organic Milk
7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>
Whole Wheat Bagels w/ Butter, Fresh Fruit & Organic Milk	Whole Grain Cinnamon Rolls w/ Fresh Fruit & Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk	Whole Wheat Pancakes w/ Fresh Fruit, Maple Syrup & Organic Milk	Whole Grain Apple Cinnamon Muffins w/ Fresh Fruit & Organic Milk
Cheese Tortellini w/ Marinara Sauce Whole Wheat Bread w/ Butter Steamed Broccoli Florets 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	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	<b>ENGLAND THEMED LUNCH</b> <b>FISH AND CHIPS</b> Alaskan Pollock Fish Sticks French Fried Potato Wedges Fresh Fruit Organic Milk
Whole Grain Pretzels w/ Cheddar Cheese	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Chicken Salad w/ Whole Grain Crackers	Whole Grain Goldfish Crackers w/ Organic Milk	Fresh Fruit w/ Organic Milk
14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>
Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Fresh Fruit, Maple Syrup & Organic Milk	Whole Grain Cereal w/ Fresh Fruit & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	<b>Donuts With DAD</b>
Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk	Chicken & Chickpea Noodle Soup w/ Mixed Vegetables Fresh Fruit Organic Milk	<b>MEXICAN THEMED LUNCH</b> Crispy Turkey Tacos Mexican Rice Pineapple & Papaya Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Grilled Chicken Breast Whole Wheat Bread and Butter Mixed Vegetables Fresh Fruit Organic Milk
Cheddar Cheese w/ Whole Wheat Crackers	Whole Grain Nut Free Trail Mix w/ Organic Milk	<b>CINNAMON SUGAR CHURROS</b>	Whole Wheat Bagel Cheese Pizzas	Whole Grain Blueberry Muffins w/ Organic Milk
21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>
Whole Grain Apple Cinnamon Muffins w/ Fresh Fruit & Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk	Whole Wheat Pancakes w/ Fresh Fruit, Maple Syrup & Organic Milk	Whole Wheat Cinnamon Toast w/ Fresh Fruit & Organic Milk	Whole Wheat Bagels w/ Butter, Fresh Fruit & Organic Milk
<b>ITALY LITTLE CHEFS MAKE PIZZA</b> Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	<b>ITALY THEMED LUNCH</b> Spaghetti and Meatballs Steamed Broccoli Florets Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk	Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk
Fresh Fruit w/ Organic Milk	Cheese Quesadilla w/ Fresh Fruit	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Whole Grain Animal Crackers w/ Bananas	Whole Grain Pretzels w/ Cheddar Cheese
28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>		
Whole Grain Cinnamon Rolls w/ Fresh Fruit & Organic Milk	Whole Grain Cereal w/ Fresh Fruit & Organic Milk	Whole Wheat Toast w/ Fresh Fruit & Organic Milk		
Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	<b>FRANCE THEMED LUNCH</b> <b>CROQUE MONSIEUR</b> Grilled Swiss Cheese w/ Turkey Ham On Sour Dough French Green Beans Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk		
Whole Grain Nut Free Trail Mix w/ Organic Milk	Whole Grain Goldfish Crackers w/ Organic Milk	Fresh Fruit and Yogurt Pops		

