

# Starboard Academy 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 <sup>st</sup>	Wednesday-2 <sup>nd</sup>	Thursday-3 <sup>rd</sup>	Friday-4 <sup>th</sup>
	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	Oven Roasted Turkey Breast & Cheese Subs Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk
	Cheddar Cheese w/ Whole Wheat Crackers	Sun Butter w/ Bananas	<b>INDIA Home Economics Project</b> <b>MANGO LASSIE W/ PRETZELS</b>	Whole Grain Nut Free Trail Mix
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 & 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
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	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn 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 Wheat Crackers	Oatmeal Apple Cinnamon Bars	Fresh Fruit
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/ Maple Syrup & Organic Milk	Whole Grain Cereal & 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	<b>MEXICAN THEMED LUNCH</b> Crispy Turkey Tacos Mexican Rice Pineapple & Papaya 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/ Wheat Crackers	<b>CINNAMON SUGAR CHURROS</b>	Whole Grain Nut Free Trail Mix	Whole Wheat Bagel Cheese Pizzas	Whole Grain Blueberry Muffins
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 & Organic Milk	Turkey Bacon & Egg Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Wheat Cinnamon Toast & Organic Milk	Whole Wheat Bagels & Organic Milk
<b>ITALY LITTLE CHEFS MAKE PIZZA</b> Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	<b>ITALIAN 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	Chicken Noodle Soup w/ Mixed Vegetables Fresh Fruit Organic Milk	Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk
Fresh Fruit	Cheese Quesadilla	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Vanilla Pudding w/ Bananas	Whole Grain Pretzels w/ Cheddar Cheese
28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	 	
Whole Grain Cinnamon Rolls & Organic Milk	Whole Grain Cereal & Organic Milk	Whole Wheat Toast w/ Preserves & Organic Milk		
Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots 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	Turkey Meatball Subs On Whole Wheat Bun Tatar Tots Fresh Fruit Organic Milk		
Whole Grain Goldfish Crackers	Oatmeal Apple Cinnamon Bars	Fresh Fruit and Yogurt Pops		

