

Starboard Academy All Natural / Organic **JULY** 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
			Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk
			Chicken Alfredo On Whole Grain Pasta 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 Cinnamon Toast & Organic Milk	Egg & Cheese Wrap & Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Grain Apple Cinnamon Muffins & Organic Milk
	USA Turkey Hamburgers On A Whole Wheat Bun French Fries Watermelon 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
	Home Economics Project MINI APPLE PIES	Chicken Salad w/ Whole Wheat Crackers	Oatmeal Apple Cinnamon Bars	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	Whole Grain Cinnamon Rolls & 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	Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets 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	Whole Grain Goldfish Crackers	AFRICAN FRUIT SALAD	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 Wrap w/ Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Buttermilk Whole Wheat Biscuits w/ Preserves & Organic Milk	Whole Wheat Bagels & Organic Milk
Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Cheese Tortellini 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
Whole Grain Nut Free Trail Mix	Oatmeal Apple Cinnamon Bars	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Home Economics Project EGYPTIAN BUTTER COOKIE	Whole Grain Pretzels w/ Cheddar Cheese
26 th	27 th	28 th	29 th	30 th
Whole Grain 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 Tatar Tots Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	BRAZILIAN THEMED LUNCH Chicken w/ Rice and Beans Mango, Papaya and Pineapple Organic Milk
Whole Grain Goldfish Crackers	Cheese Quesadilla	Fresh Fruit	Chicken Salad w/ Whole Wheat Crackers	Whole Wheat Bagel Cheese Pizzas