

Starboard Academy All Natural / Organic November Menu

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

A Vegetarian/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
	Whole Grain Cereal & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Whole Wheat Bagels w/ Butter & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk
	Sun Butter w/ Preserves On Whole Wheat Bread Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Chicken Salad On Whole Wheat Bread Steamed Carrots Fresh Fruit Organic Milk	Cod Fish Nuggets Sweet Golden Corn Fresh Fruit Organic Milk
	Cheddar Cheese w/ Whole Wheat Crackers	Whole Grain Nut Free Trail Mix	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Whole Grain Goldfish Crackers
7 th	8 th	9 th	10 th	11 th
Egg and Tortilla Wrap & Organic Milk	Whole Grain Muffins & Organic Milk	Whole Grain Cinnamon Rolls & Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	NO SCHOOL
Whole Wheat Cheese Pizza Sweet Petite Garden Peas Fresh Fruit Organic Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Chicken Gyros w/ Lettuce, Tomato & Cheese Jasmine Rice Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	 Veteran's Day
Whole Grain Pretzels w/ Cheddar Cheese	Chicken Salad w/ Whole Wheat Crackers	Fresh Fruit w/ Vanilla Wafers	Whole Grain Tortilla Chips w/ Salsa	
14 th	15 th	16 th	17 th	18 th
Whole Wheat Bagels w/ Butter & Organic Milk	Whole Grain Waffles w/ Maple Syrup & Organic Milk	Oatmeal w/ Apples & Cinnamon & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Whole Grain Cereal & Organic Milk
Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Grilled Chicken Breast Cornbread Muffins w/ Butter French Cut Green Beans Fresh Fruit Organic Milk	Sun Butter w/ Preserves On Whole Wheat Bread Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk	THANKSGIVING FEAST Oven Roasted Turkey Mashed Potatoes French Cut Green Beans Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk
Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Cheddar Cheese w/ Whole Wheat Crackers	Home Economics Make Pumpkin Pies Whole Grain Goldfish Crackers	Pumpkin Pie	Thanksgiving Share Snack Trail Mix
21 st	22 nd	23 rd	24 th	25 th
Buttermilk Whole Wheat Biscuits w/ Butter, Preserves & Organic Milk	Whole Wheat Pancakes w/ Maple Syrup & Organic Milk	Whole Grain Muffins & Organic Milk	NO SCHOOL	
Chicken Alfredo w/ Whole Grain Pasta Mixed Vegetable Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Petite Garden Peas Fresh Fruit Organic Milk	Oven Roasted Turkey Breast & Cheese Spinach Herb Roll-Ups Veggies w/ Ranch Dressing Fresh Fruit Organic Milk		
Sun Butter w/ Bananas	Chicken Salad w/ Whole Wheat Crackers	Whole Grain Tortilla Chips w/ Salsa		
28 th	29 th	30 th		
Turkey Sausage w/ Fresh Fruit & Organic Milk	Oatmeal w/ Apples & Cinnamon & Organic Milk	Egg and Tortilla Wrap & Organic Milk		
Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Chefs Choice Mixed Vegetables Fresh Fruit Organic Milk	Cheese Tortellini Steamed Broccoli Florets Fresh Fruit Organic Milk		
Fresh Fruit w/ Vanilla Wafers	Chefs Choice	Whole Grain Pretzels w/ Cheddar Cheese		

