



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 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 -2 nd	Tuesday-3 rd	Wednesday-4 th	Thursday-5 th	Friday-6 th
Whole Grain Cereal & Organic Milk	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
Crispy Turkey Tacos Sweet Golden Corn Fresh Fruit Organic Milk	BRAZILIAN THEMED LUNCH Chicken w/ Rice and Beans Mango, Papaya and Pineapple 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	Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk
Whole Wheat Bagel Cheese Pizzas	Cheddar Cheese w/ Whole Wheat Crackers	Sun Butter w/ Bananas	Whole Grain Blueberry Muffins	Whole Grain Nut Free Trail Mix
9 th	10 th	11 th	12 th	13 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 Mixed Vegetables Fresh Fruit Organic Milk
Whole Grain Pretzels w/ Cheddar Cheese	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	CARIBBEAN THEMED DESSERT Tropical Frozen Yogurt Pops	Oatmeal Apple Cinnamon Bars	Fresh Fruit
16 th	17 th	18 th	19 th	20 th
Closed Inservice Day	Whole Grain Waffles w/ Maple Syrup & Organic Milk	Whole Grain Cereal & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Buttermilk Whole Wheat Biscuits w/ Preserves & 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
	Whole Grain Nut Free Trail Mix	Chicken Salad w/ Whole Wheat Crackers	Whole Wheat Bagel Cheese Pizzas	Whole Grain Blueberry Muffins
23 rd	24 th	25 th	26 th	27 th
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
Whole Wheat Cheese Pizza Steamed Carrots 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 Fresh Fruit Organic Milk	Chicken Soft Tacos Sweet Golden Corn Fresh Fruit Organic Milk
Fresh Fruit	Oatmeal Apple Cinnamon Bars	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Vanilla Pudding w/ Bananas	Whole Grain Pretzels w/ Cheddar Cheese
30 th	31 st			
Whole Grain Cinnamon Rolls & Organic Milk	Whole Grain Cereal & 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			
Whole Grain Goldfish Crackers	Cheese Quesadilla			

