

Sunshine Academy Menu for April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Rice Bowl w/Chicken & Stir Fry Veggies and Brown Rice Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	3 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Meatballs w/Marinara Whole Grain Pasta Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	4 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Nachos with Cheddar Cheese Baked Tortilla Chips Black Beans, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	5 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch BBQ Burger w/Onion Rings Whole Wheat Hamburger Bun Garden Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	6 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Pot Pie Broccoli Whole Grain Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
9 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	10 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Macaroni & Cheese Garden Salad w/Carrots French Dressing Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	11 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Tacos w/Lettuce, Cheese & Tomatoes Whole Grain Soft Tortilla Black Beans, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	12 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Curry Chicken Brown Rice Garden Salad w/Cucum. Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	13 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan w/ Marinara Whole Grain Pasta Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
16 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Honey Mustard Chicken Wrap Whole Grain Soft Tortilla Broccoli Florets Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	17 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Black Bean, Corn, & Cheese Empanada Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	18 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Quesadilla Broccoli Sour Cream Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	19 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Burger Whole Wheat Hamburger Bun Garden Salad w/Cucum. Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	20 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch White Bean Chili w/Chicken & Sweet Potatoes Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
23 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Tortellini Alfredo Broccoli Whole Grain Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	24 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Bolognese w/Parmesan Whole Grain Pasta Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	25 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Crispy Chicken Whole Grain Waffle Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	26 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Fajita Style Chicken Rice Bowl Black Beans & Brown Rice Garden Salad w/Cucum. Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	27 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggies & Cheese Panini w/Caramelized Onions Vegetable Medley Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
30 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Breaded Chicken Sandwich Whole Wheat Hamburger Bun Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day				

Sunshine Academy is trans fat and nut free. Milk is served for all meals. Toddlers are not served juice.

All meals are catered by City Fresh Foods and prepared and delivered fresh each day. www.cityfresh.com
Menu is subject to change.

A.M. Snacks Include: Fresh fruit served with low sugar cereal, whole grain bagels w/cream cheese, whole grain muffins, whole grain croissant w/jelly, applesauce, yogurt, cheese sticks and other healthy items.

P.M. Snacks Include: Fresh fruit served with fresh vegetables including carrot sticks, jicama sticks, broccoli and cauliflower florets served with ranch dressing or hummus, yogurt, cheese sticks and other healthy snacks.

In accordance with Massachusetts General Law and Regulations please inform your Director if a child in our school has a food allergy.