

Sunshine Academy Menu for August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Meatballs w/Marinara Whole Grain Pasta Garden Salad w/Carrots Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Nachos with Cheddar Cheese Salsa, Mixed Vegetables Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Falafel Hummus Carrots, Pita Bread Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Lasagna Broccoli Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
7	8	9	10	11
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Fajita Style Chicken Black Beans Whole Grain Soft Tortillas Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Fritter w/Tomato Dipping Sauce Green Beans Wheat Bread, Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch French Toast Veg Breakfast Sausage Hash Brown Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch General Tso's Chicken Garden Salad w/ Tomatoes Brown Rice Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Pasta w/Meat Sauce Broccoli Whole Grain Pasta Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
14	15	16	17	18
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Hamburger w/lettuce and tomato Home Fries Whole Wheat Hamburger Bun Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken & Broccoli Alfredo Garden Salad w/Carrots Whole Grain Pasta Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Pie Mixed Vegetables Wheat Bread Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan Whole Grain Pasta Garden Salad w/ Tomatoes Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Three Bean Chili w/shredded cheddar (vegetarian) Baked Tortilla Chips Broccoli, Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
21	22	23	24	25
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Veg Loaded Baked Potato Broccoli Wheat Bread Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Vegetarian Curry Brown Rice Stir Fry Vegetables Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Macaroni & Cheese Green Peas Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Breaded Chicken Sandwich Whole Wheat Hamburger Bun Garden Salad w/ Tomatoes Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Tortellini w/Marinara Sauce Broccoli Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
28	29	30	31	
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Pie Wheat Bread Carrots Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Meatballs w/Marinara Whole Grain Pasta Garden Salad w/Carrots Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Nachos with Cheddar Cheese Salsa, Mixed Vegetables Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Falafel Hummus Carrots, Pita Bread Fresh Fruit <u>P.M. Snack</u> 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.