

Sunshine Academy Menu for August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Tangerine Chicken Brown Rice Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	2 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets Garden Salad w/ Cucumbers BBQ Dipping Sauce 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 Meatball Empanada Carrots 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 Breaded Chicken Sandwich Whole Wheat Hamburger Bun Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	7 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Beef Tacos w/Cheese Whole Grain Soft Tortilla Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	8 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Sweet & Sour Turkey Meatballs Brown Rice Broccoli 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 Cheese Quesadilla w/Sour Cream Sweet Potato Fries 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 Tortellini w/Tomato Sauce Green Peas Whole Grain Roll 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 Whole Grain Pasta Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	14 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Macaroni & Cheese Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	15 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken & Rice Casserole Brown Rice Vegetable Medley 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 Chicken Nachos with Cheddar Baked Tortilla Chips Garden Salad w/Cucumber 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 Popcorn Chicken Brown Rice Carrots 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 Turkey Bolognese w/Parmesan Cheese Whole Grain Pasta Green Peas, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	21 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch BBQ Burger w/Onion Rings Whole Wheat Bun Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	22 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Honey Mustard Chicken Brown Rice Broccoli 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 Veggie Sausage Whole Grain Waffle Sweet Potato Fries 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 Chicken Teriyaki Brown Rice Mixed Vegetables 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 Chicken Quesadilla Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	28 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Meatballs w/Marinara Whole Grain Pasta Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	29 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Fajitas Whole Grain Soft Tortilla Black Beans & Corn 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 Vegetable Lasagna Garden Salad w/ Cucumbers Whole Grain Roll Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	31 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey & Cheese Panini Whole Grain Panini 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 and/or water are served for all meals and snacks.

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.