

Sunshine Academy Menu for December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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				A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Pot Pie Carrots Wheat Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
4	5	6	7	8
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Hamburger and Bun w/Lettuce & Sliced Tomatoes Sweet Potato Home Fries Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Lasagna Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Pie Mixed Vegetables Wheat Bread Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Meatball Calzone Garden Salad w/ Tomatoes Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Tortellini w/Marinara Sauce California Blend Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
11	12	13	14	15
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken & Broccoli Alfredo Whole Grain Pasta Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Rice Bowl w/Chicken & Stir Fry Veggies and Brown Rice Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Macaroni & Cheese Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Fritter w/ Tomato Dipping Sauce Brown Rice Pilaf Carrots, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Quesadilla w/Sour Cream Green Beans Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
18	19	20	21	22
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Beef Tacos Whole Grain Soft Tortillas Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	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	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Breaded Chicken Sandwich Whole Wheat Bun Sweet Potato Home Fries Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Fajita Style Chicken Garden Salad w/ Tomatoes Whole Grain Soft Tortillas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken & Cheese Empanada Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
25	26	27	28	29
School Closed Christmas Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets BBQ Dipping Sauce Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch French Toast Vegetarian Sausage Home Fries Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan w/Marinara Whole Grain Pasta Garden Salad w/ Tomatoes Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Smoke House Chili w/Squash Baked Tortilla Chips 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.