

Sunshine Academy Menu for December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> American Chop Suey Whole Grain Pasta 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 <u>Lunch</u> Honey Mustard Chicken Whole Grain Brown Rice Caesar Salad 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 <u>Lunch</u> Chicken & Rice Casserole Brown Rice Vegetable Medley 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 <u>Lunch</u> Mushroom Black Bean Patty Whole Grain Brown Rice Corn 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 <u>Lunch</u> Stuffed Shells w/Marinara Green Beans Whole Grain Roll Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
10	11	12	13	14
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Whole Grain Chicken Nuggets Green Peas BBQ Dipping Sauce 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 <u>Lunch</u> Whole Grain Macaroni & Cheese Caesar Salad 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 <u>Lunch</u> Whole Grain Three Cheese Calzone Broccoli 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 <u>Lunch</u> Crispy Chicken Patty Whole Grain Waffle Garden Salad 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 <u>Lunch</u> Spinach Lasagna Carrots Whole Grain Roll Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
17	18	19	20	21
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Popcorn Chicken Whole Grain Brown Rice Broccoli 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 <u>Lunch</u> Philly Chicken & Cheese Sub Whole Grain Sub Roll Caesar Salad 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 <u>Lunch</u> Turkey Tacos w/Cheese Whole Grain Soft Tortilla Black Beans & Corn 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 <u>Lunch</u> Chicken with Gravy Whole Grain Stuffing Green Beans 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 <u>Lunch</u> Turkey & Cheese On Whole Grain Panini Mixed Vegetables Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
24	25	26	27	28
School Closed Christmas Holiday	School Closed Christmas Holiday	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Teriyaki Chicken Whole Grain Brown Rice 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 <u>Lunch</u> Meatballs & Marinara Sauce Whole Grain Pasta Green Beans 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 <u>Lunch</u> Smoke House Chili w/Squash Whole Wheat Roll Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
31	January 1, 2019			
School Closed New Years Holiday	School Closed New Years Holiday			

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 or sun butter, 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, cucumber slices, 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.