

Sunshine Academy Menu for February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets BBQ Dipping Sauce Garden Salad w/Cucumbers 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 Black Bean, Corn, & Cheese Empanada Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
5	6	7	8	9
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Mushroom Meatloaf Mashed Potatoes Whole Grain Roll 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 Vegetarian Curry Brown Rice Pilaf Collard Greens 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 Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
12	13	14	15	16
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Fritter w/Ranch Dip Whole Grain Soft Tortillas California Blend Vegetables 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 Turkey Meatballs w/Marinara Whole Grain Sub Roll 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 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 Nut-Free Pesto Cheese Tortellini Garden Salad w/Cucumbers 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 Tangerine Chicken Brown Rice Cabbage Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
19	20	21	22	23
School Closed Presidents 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/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 w/veg 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 Smoke House Chili w/Squash Baked Tortilla Chips Garden Salad w/Cucumbers 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 BBQ Chicken Sandwich Whole Wheat Hamburger Bun Baked Beans Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
26	27	28		
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Fajita Style Chicken Black Beans 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 Turkey & Cheese Panini Whole Grain Panini 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 Hamburger w/Lettuce & Sliced Tomatoes Sweet Potato Home Fries 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.