

## Sunshine Academy Menu for February 2018

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