

## Sunshine Academy Menu for February 2019

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|   |  |  |   | 1  |
|   |  |  |   | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Stuffed Shells w/Marinara<br>Mixed Vegetables<br>Whole Grain Roll<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day |
| 4   | 5  | 6  | 7   | 8  |
| <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Turkey Meatballs w/Marinara<br>Whole Grain Pasta<br>Broccoli<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Corn and Poblano Empanada<br>Mixed Vegetables<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day         | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Cinnamon Apple Chicken<br>Whole Grain Brown Rice<br>Garden Salad<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day            | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Chicken Fajitas<br>Whole Grain Soft Tortilla<br>Corn<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day           | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Spinach Lasagna<br>Carrots<br>Whole Grain Roll<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day                    |
| 11  | 12   | 13   | 14  | 15   |
| <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Whole Grain Chicken Nuggets<br>Green Peas<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day                    | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Whole Grain Macaroni and Cheese<br>Carrots<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day            | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Honey Mustard Chicken<br>Whole Grain Brown Rice<br>Garden Salad<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day             | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Pineapple Chicken<br>Whole Grain Stuffing<br>Green Beans<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day       | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Cheesy Rice & Vegetable Casserole<br>Mixed Vegetables<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day             |
| 18  | 19   | 20   | 21  | 22   |
| <b>School Closed<br/>Presidents Day</b>   | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Popcorn Chicken<br>Whole Grain Brown Rice<br>Broccoli<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Veggie Sausage<br>French Toast<br>Home Fries<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day                                | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>American Chop Suey<br>Whole Grain Pasta<br>Green Peas<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day          | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Smoke House Chili w/Squash<br>Cornbread<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day                           |
| 25  | 26   | 27   | 28  |  |
| <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Turkey & Cheese Panini<br>Whole Grain Panini<br>Carrots<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day      | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Eggplant Rollatini<br>Whole Grain Pasta<br>Broccoli<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day   | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Beef Tacos<br>w/Shredded Cheddar<br>Whole Grain Soft Tortilla<br>Garden Salad, Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>Healthy Snack of the Day | <b><u>A.M. Snack</u></b><br>Healthy Snack of the Day<br>Fresh Fruit of the Day<br><b>Lunch</b><br>Teriyaki Chicken<br>Whole Grain Brown Rice<br>Mixed Vegetables<br>Fresh Fruit<br><b><u>P.M. Snack</u></b><br>Fresh Fruit of the Day<br>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](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 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.