

Sunshine Academy Menu for January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
School Closed New Years Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Teriyaki Tofu Brown Rice Green Peas 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> Veggie Pie Mixed Vegetables Wheat Bread 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 Chicken Nuggets BBQ Dipping Sauce Garden Salad w/Cucumbers 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> Cheese Tortellini w/Marinara Sauce Carrots Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
8	9	10	11	12
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Chicken Alfredo Whole Grain Pasta 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> Rice Bowl w/Chicken & Stir Fry Veggies and Brown Rice Garden Salad w/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> Macaroni & Cheese Green Peas 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> Veggie Fritter w/ Dip Carrots Brown Rice Pilaf 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> Cheese Quesadilla w/Sour Cream Green Beans Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
15	16	17	18	19
School Closed Martin Luther King Jr. Day	<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Turkey Meatballs w/Marinara Whole Grain Sub Roll Garden Salad w/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> Breaded Chicken Sandwich Whole Wheat Bun Sweet Potato Home Fries 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> Beef Tacos w/Cheese Garden Salad w/Cucumber Whole Grain Soft Tortillas 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> Tangerine Chicken Brown Rice Cabbage Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
22	23	24	25	26
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Chicken Parmesan w/Marinara Sauce Whole Grain Pasta 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> Chicken & Cheese Empanada Garden Salad w/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> Corn Fritters Whole Grain Waffle Sweet Potato Home Fries 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> Fajita Style Chicken Whole Grain Soft Tortillas Garden Salad w/Cucumbers 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 Baked Tortilla Chips Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
29	30	31		
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> BBQ Chicken Sandwich Whole Wheat Hamburger Bun Baked 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> Tikki Masala Tofu Brown Rice Cabbage 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> Hamburger w/Lettuce & Sliced Tomatoes Home Fries Fresh Fruit <u>P.M. Snack</u> 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.