

Sunshine Academy Menu for January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 School Closed New Years Day	2 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets California Blend Vegetables BBQ Dipping Sauce Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	3 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch BBQ Chicken Whole Grain Brown Rice Garden Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	4 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Stuffed Shells w/Marinara Mixed Vegetables Whole Grain Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
7 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey & Cheese Panini Whole Grain Panini Green Beans Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	8 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Macaroni & Cheese Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	9 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cinnamon Apple Chicken Whole Grain Brown Rice Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	10 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Sausage w/Gravy Whole Grain Brown Rice Black Beans & Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	11 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Spinach Lasagna Carrots Whole Grain Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
14 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Popcorn Chicken Whole Grain Brown Rice Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	15 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Philly Chicken & Cheese Sub Whole Grain Sub Roll Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	16 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Tofu Fajita Bowl w/Shredded Cheddar Whole Grain Brown Rice Black Beans & Corn, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	17 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cranberry Chicken Whole Grain Stuffing Garden Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	18 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheesy Rice & Vegetable Casserole Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
21 School Closed Martin Luther King Jr. Day	22 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Sausage w/Cabbage Brown Rice Pilaf Black Beans & Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	23 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Three Cheese Calzone Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	24 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Breaded Chicken Sandwich Whole Wheat Hamburger Bun Garden Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	25 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Smoke House Chili w/Squash Whole Wheat Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
28 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan w/ Marinara Whole Grain Pasta Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	29 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Eggplant Rollatini Whole Grain Pasta Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	30 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Cheese Quesadilla w/Sour Cream Peas & Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	31 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Teriyaki Chicken Whole Grain Brown Rice Garden Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day 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
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.