

Sunshine Academy Menu for July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 School Closed July 4th Holiday	4 School Closed July 4th Holiday	5 A.M. Snack Healthy Snack of the Day w/Cream Cheese Lunch Chicken Nachos with Cheddar Cheese Salsa, Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	6 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Falafel Hummus Carrots, Pita Bread 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 Cheese Lasagna 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 Fajita Style Chicken Black Beans Whole Grain Soft Tortillas 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 Veggie Fritter w/Tomato Dipping Sauce Green Beans Wheat Bread, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	12 A.M. Snack Healthy Snack of the Day w/Cream Cheese Lunch French Toast Veg Breakfast Sausage Hash Brown Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	13 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch General Tso's Chicken Garden Salad w/ Tomatoes Brown Rice 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 Cheese Lasagna Broccoli 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 Hamburger w/lettuce and tomato Home Fries Whole Wheat Hamburger Bun 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 Chicken & Broccoli Alfredo Garden Salad w/Carrots Whole Grain Pasta Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	19 A.M. Snack Healthy Snack of the Day w/Cream Cheese Lunch Veggie Pie Mixed Vegetables Wheat Bread Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	20 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan Whole Grain Pasta Garden Salad w/ Tomatoes Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	21 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Three Bean Chili w/shredded cheddar (vegetarian) Baked Tortilla Chips Broccoli, 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 Caribbean Chicken Brown Rice & Beans Spinach 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 Vegetarian Curry Brown Rice Stir Fry Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	26 A.M. Snack Healthy Snack of the Day w/Cream Cheese Lunch Macaroni & Cheese Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	27 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Fritter w/Tomato Dipping Sauce Brown Rice Pilaf Carrots, 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 Cheese Tortellini w/Marinara Sauce Broccoli 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 Veggie Pie Wheat Bread Carrots 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.