

Sunshine Academy Menu for July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 School Closed July 4th Holiday	4 School Closed July 4th Holiday	5 <u>A.M. Snack</u> Healthy Snack of the Day w/Cream Cheese <u>Lunch</u> Chicken Nachos with Cheddar Cheese Salsa, Corn Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	6 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Falafel Hummus Carrots, Pita Bread Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	7 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Cheese Lasagna Broccoli Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
10 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Fajita Style Chicken Black Beans Whole Grain Soft Tortillas Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	11 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Veggie Fritter w/Tomato Dipping Sauce Green Beans Wheat Bread, Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	12 <u>A.M. Snack</u> Healthy Snack of the Day w/Cream Cheese <u>Lunch</u> French Toast Veg Breakfast Sausage Hash Brown Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	13 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> General Tso's Chicken Garden Salad w/ Tomatoes Brown Rice Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	14 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Cheese Lasagna Broccoli Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
17 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Hamburger w/lettuce and tomato Home Fries Whole Wheat Hamburger Bun Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	18 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Chicken & Broccoli Alfredo Garden Salad w/Carrots Whole Grain Pasta Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	19 <u>A.M. Snack</u> Healthy Snack of the Day w/Cream Cheese <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	20 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Chicken Parmesan Whole Grain Pasta Garden Salad w/ Tomatoes Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	21 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Three Bean Chili w/shredded cheddar (vegetarian) Baked Tortilla Chips Broccoli, Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
24 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Caribbean Chicken Brown Rice & Beans Spinach Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	25 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Vegetarian Curry Brown Rice Stir Fry Vegetables Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	26 <u>A.M. Snack</u> Healthy Snack of the Day w/Cream Cheese <u>Lunch</u> Macaroni & Cheese Green Peas Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	27 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Veggie Fritter w/Tomato Dipping Sauce Brown Rice Pilaf Carrots, Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day	28 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Cheese Tortellini w/Marinara Sauce Broccoli Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
31 <u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day <u>Lunch</u> Veggie Pie Wheat Bread Carrots 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.