

Sunshine Academy Menu for July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Quesadilla Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p style="text-align: center;">School Closed Independence Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Tangerine Chicken Brown Rice Garden Salad w/Cucumber Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Black Bean, Corn, & Cheese Empanada Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>
<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Mushroom Meatloaf Corn Whole Grain Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Beef Tacos w/Cheese Whole Grain Soft Tortilla Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Curry Chicken Brown Rice Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Grilled Cheese Sandwich Whole Grain Bread Garden Salad w/Cucumber Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Smoke House Chili w/Sweet Potato Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>
<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan Whole Grain Pasta Green Beans Broccoli, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Macaroni & Cheese Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Pot Pie Broccoli Wheat Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Nachos with Cheddar Baked Tortilla Chips Garden Salad w/Cucumber Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Popcorn Chicken Brown Rice Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>
<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Bolognese w/Parmesan Cheese Whole Grain Pasta Green Peas, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Honey Mustard Chicken Wrap Whole Grain Soft Tortilla Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch BBQ Burger w/Onion Rings Whole Wheat Hamburger Bun Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Sausage Whole Grain Waffle Sweet Potato Fries Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Teriyaki Brown Rice Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>
<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Quesadilla Green Peas Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>	<p>A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Tortellini w/Tomato Sauce Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day</p>			

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, 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.