

Sunshine Academy Menu for June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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				<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Mushroom Meatloaf Broccoli Whole Grain Roll Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
4	5	6	7	8
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets Vegetable Medley 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 Lunch Cheese Quesadilla Garden Salad w/Carrots French Dressing 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 Lunch Turkey Burger w/let and tomato 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 Lunch Tangerine Chicken Brown Rice Garden Salad w/Cucumber 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 Lunch Chicken & Cheese Empanada Green Peas Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
11	12	13	14	15
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Rice Bowl w/ Chicken & Stir Fry Veggies Brown Rice 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 Lunch Beef Tacos w/Cheese Whole Grain Soft Tortilla 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 Lunch Veggie Carbonara Whole Grain Pasta 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 Lunch Crispy Chicken Whole Grain Waffle Garden Salad w/Cucumber 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 Lunch Smoke House Chili w/Sweet Potato Carrots Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
18	19	20	21	22
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Parmesan w/ Marinara 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 Lunch Macaroni & Cheese 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 Lunch Chicken Pot Pie Whole Grain Roll 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 Lunch Roasted Veggie & Cheese Sandwich Whole Grain Sub Roll Green 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 Lunch Popcorn Chicken Brown Rice Corn Fresh Fruit <u>P.M. Snack</u> Fresh Fruit of the Day Healthy Snack of the Day
25	26	27	28	29
<u>A.M. Snack</u> Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Meatballs w/Marinara 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 Lunch Tortellini w/Tomato Sauce Garden Salad w/Carrots Whole Grain Roll 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 Lunch Chicken Nachos with Cheddar Baked Tortilla Chips Black Beans & Corn 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 Lunch Hamburger Whole Wheat Hamburger Bun Garden Salad w/Cucumber 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 Lunch Chicken Teriyaki Brown Rice Vegetable Medley 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 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.