

Sunshine Academy Menu for May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Asian Rice Bowl w/ Chicken and Stir Fry Vegetables Garden Salad w/Carrots 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 Macaroni & Cheese Green Peas 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 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	5 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
8 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Rosemary Chicken Brown Rice Green Beans 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 Meatballs w/Marinara Whole Grain Pasta Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	10 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	11 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	12 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
15 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Jerk Chicken Brown Rice & Beans 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 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	17 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	18 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Roast Turkey w/ Gravy Garden Salad w/ Tomatoes, Brown Rice Pilaf Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	19 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
22 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	23 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Falafel Hummus Broccoli, Pita Bread Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	24 A.M. Snack Healthy Snack of the Day w/Cream Cheese Lunch BBQ Chicken Sandwich Whole Wheat Hamburger Bun Mixed Vegetables 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 Chicken Parmesan Whole Grain Pasta Garden Salad w/ Tomatoes Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	26 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Three Bean Chili w/shredded cheddar Baked Tortilla Chips Broccoli, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
29 School Closed Memorial Day	30 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Asian Rice Bowl w/ Chicken and Stir Fry Vegetables Garden Salad w/Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	31 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		

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.