

Sunshine Academy Menu for May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey 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	1 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Fish Sticks Corn Tartar Sauce 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 Macaroni & Cheese Garden Salad w/Cucumber 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 Chicken Nachos with Cheddar Baked Tortilla Chips Black Beans 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 Whole Grain Chicken Nuggets 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 Cheese Quesadilla Garden Salad w/Carrots French Dressing 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 Turkey Burger Whole Wheat Hamburger Bun Baked Beans 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 Tangerine Chicken Brown Rice Garden Salad w/Cucumber 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 Black Bean, Corn, & Cheese Empanada Carrots 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 Rice Bowl w/ Chicken & Stir Fry Veggies Brown Rice 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 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	16 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Carbonara Whole Grain Pasta Mixed Vegetables 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 French Toast w/veg sausage Garden Salad w/Cucumber 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 Veggies & Cheese Panini w/Caramelized Onions Whole Grain Panini Carrots, 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 Chicken Parmesan w/ Marinara Whole Grain Pasta Cauliflower 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 Turkey Mushroom Meatloaf Whole Grain Roll Garden Salad w/Carrots 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 Curry Chicken Brown Rice 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 Turkey & Cheese Panini Whole Grain Panini Garden Salad w/Cucumber 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 Popcorn Chicken Brown Rice Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
28 School Closed Memorial Day	29 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Tortellini Alfredo w/Asparagus Garden Salad w/Carrots Whole Grain Roll, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	30 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Fajita Style Chicken Rice Bowl Brown Rice Black Beans 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 Breaded Chicken Sandwich Whole Wheat Hamburger Bun Garden Salad w/Cucumber Fresh Fruit P.M. Snack 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.