

## Sunshine Academy Menu for November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Black Bean, Corn, & Cheese Empanada Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	2 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> General Tso's Chicken Garden Salad w/ Tomatoes Brown Rice Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	3 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Corn Fritters Whole Grain Waffle Sweet Potato Fries Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day
6 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Hamburger and Bun w/Lettuce & Sliced Tomatoes Home Fries Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	7 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Cheese Lasagna Garden Salad w/Carrots Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	8 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Veggie Pie Mixed Vegetables Wheat Bread Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	9 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Baked Tomato Chili Chicken Brown Rice Garden Salad Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	10 <b>School Closed</b> <b>Veterans Day</b>
13 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken & Broccoli Alfredo Whole Grain Pasta Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	14 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Rice Bowl w/Chicken & Stir Fry Veggies and Brown Rice Garden Salad w/Carrots Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	15 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Macaroni & Cheese Green Peas Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	16 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Veggie Fritter w/ Tomato Dipping Sauce Brown Rice Pilaf Carrots, Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	17 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Harvest Meal Turkey & Gravy Mashed Potatoes Green Beans, Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day
20 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Beef Tacos Whole Grain Soft Tortillas Corn Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	21 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Turkey Meatballs w/Marinara Whole Grain Pasta Garden Salad w/Carrots Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	22 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Breaded Chicken Sandwich Whole Wheat Bun California Blend Vegetables Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	23 <b>School Closed</b> <b>Thanksgiving Day</b>	24 <b>School Closed</b> <b>Day after Thanksgiving</b>
27 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken & Cheese Empanada Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	28 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Whole Grain Chicken Nuggets BBQ Dipping Sauce Garden Salad w/Carrots Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	29 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> French Toast w/veg sausage Home Fries Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	30 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Falafel Hummus Green Beans, Pita Bread Fresh Fruit <b>P.M. Snack</b> 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](http://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.