

Sunshine Academy Menu for November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Scampi Whole Grain Pasta Garden Salad w/ Cucumbers 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 Turkey & Cheese On Whole Grain Panini 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 Whole Grain Chicken Nuggets Carrots BBQ Dipping Sauce Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	6 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Quesadilla with sour cream Broccoli and Cauliflower 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 Chicken & Rice Casserole Brown Rice Vegetable Medley 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 Chicken with Cheddar Soft Tortilla Wrappers Garden Salad w/ Cucumbers 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 American Chop Suey Whole Grain Pasta Green Beans Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
12 School Closed Veterans Day	13 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Burger Whole Wheat Bun Caesar Salad 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 Whole Grain Three Cheese Calzone 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 Roast Turkey w/gravy Whole Grain Stuffing Garden Salad 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 Spinach Lasagna Carrots Whole Grain Roll 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 Popcorn Chicken Brown Rice Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	20 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Philly Chicken & Cheese Sub Whole Grain Sub Roll Caesar Salad 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 Tofu Fajita Bowl w/cheddar Brown Rice Black Beans & Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	22 School Closed Thanksgiving Holiday	23 School Closed Thanksgiving Holiday
26 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Sausage w/Cabbage Brown Rice Broccoli and Cauliflower Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	27 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Breaded Chicken Sandwich Whole Grain Wheat Bun Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	28 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch BBQ Chickpeas Brown Rice Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	29 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Bolognese Whole Grain Pasta Garden Salad w/ Cucumbers 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 Roasted Turkey w/gravy Whole Grain Roll Carrots 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 or sun butter, 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, cucumber slices, 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.