

## Sunshine Academy Menu for October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Fajita Style Chicken Black Beans Whole Grain Soft Tortillas 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> Veggie Fritter w/Tomato Dipping Sauce Green Beans Wheat Bread, Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	4 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> French Toast Veg Breakfast Sausage Hash Brown Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	5 <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	6 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Meatball Calzone Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day
9 <b>School Closed</b> <b>Columbus Day</b>	10 <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	11 <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	12 <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	13 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Three Bean Chili w/shredded cheddar Baked Tortilla Chips Broccoli, 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> Chicken & Broccoli Alfredo Whole Grain Pasta Broccoli 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> 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	18 <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	19 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Breaded Chicken Sandwich Whole Wheat Hamburger Bun Garden Salad 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> Cheese Tortellini w/Marinara Sauce Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day
23 <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	24 <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	25 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken Nachos with Cheddar Salsa Baked Tortilla Chips California Blend Vegetables <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	26 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Falafel Hummus Carrots, Pita Bread Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	27 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken & Cheese Calzone Broccoli 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> Fajita Style Chicken Black Beans Whole Grain Soft Tortillas Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day	31 <b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken Pot Pie Wheat Roll Garden Salad w/Carrots 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.