

Sunshine Academy Menu for October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Whole Grain Chicken Nuggets Mixed Vegetables BBQ Dipping 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 Beef Tacos w/Cheese Whole Grain Soft Tortilla Caesar Salad 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 BBQ Chicken Brown Rice Green Beans 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 Vegetarian Broccoli Alfredo Whole Grain Pasta 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 Turkey & Cheese On Whole Grain Panini Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
8 School Closed Columbus Day	9 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Quesadilla with sour cream Caesar Salad 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 Chicken & Rice Casserole Brown Rice Vegetable Medley 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 Chicken Nachos with Cheddar Baked Tortilla Chips Garden Salad w/Cucumber 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 American Chop Suey Whole Grain Pasta Green Beans 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 Macaroni & Cheese Broccoli & Cauliflower mix 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 Turkey Burger Whole Wheat Bun Caesar Salad 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 Whole Grain Three Cheese Calzone Carrots 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 Veggie Sausage Whole Grain Waffle Home Fries 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 Spinach Lasagna Mixed Vegetables Whole Grain Roll 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 Popcorn Chicken Brown Rice Broccoli 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 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	24 A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Quesadilla with sour cream Black Beans & Corn 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 Cheese Tortellini w/Marinara Sauce Garden Salad w/ Cucumbers Wheat Rolls, 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 Turkey & Cheese On Whole Grain Panini Carrots 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 Veggie Sausage w/Gravy Mashed Sweet Potatoes Green Beans 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 Eggplant Rollatini w/Marinara Whole Grain Pasta Green Peas 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 Teriyaki Chicken Brown Rice Mixed Vegetables 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.