

## Sunshine Academy Menu for September 2017

Monday	Tuesday	Wednesday	Thursday	Friday				
				1  <b>School Closed Professional Development Day</b>				
4  <b>School Closed Labor Day</b>	<p><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</p>	5	<p><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</p>	6	<p><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</p>	7	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken &amp; Cheese Empanada Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	8
11	12	13	14	15				
<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Hamburger w/lettuce and tomato Home Fries Whole Wheat Hamburger Bun Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken &amp; Broccoli Alfredo Garden Salad w/Carrots Whole Grain Pasta Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><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</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken Parmesan Whole Grain Pasta Garden Salad w/ Tomatoes Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Three Bean Chili w/shredded cheddar (vegetarian) Baked Tortilla Chips Broccoli, Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>				
18	19	20	21	22				
<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Veg Loaded Baked Potato Broccoli Wheat Bread Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> 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</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Macaroni &amp; Cheese Green Peas Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><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 w/ Tomatoes Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><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</p>				
25	26	27	28	29				
<p><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</p>	<p><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</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Chicken Nachos with Cheddar Cheese Salsa, Mixed Vegetables Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>	<p><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</p>	<p><b>A.M. Snack</b> Healthy Snack of the Day Fresh Fruit of the Day <b>Lunch</b> Cheese Lasagna Broccoli Fresh Fruit <b>P.M. Snack</b> Fresh Fruit of the Day Healthy Snack of the Day</p>				

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.