

Sunshine Academy Menu for September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
School Closed Labor Day	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	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Sweet & Sour Turkey Meatballs Brown Rice Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Cheese Quesadilla w/Sour Cream Garden Salad w/ Cucumbers Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Tortellini w/Tomato Sauce Green Peas Whole Grain Roll Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
10	11	12	13	14
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Eggplant Rollatini w/Marinara Whole Grain Pasta Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Macaroni & Cheese Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	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	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	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Popcorn Chicken Brown Rice Carrots Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
17	18	19	20	21
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Bolognese w/Parmesan Cheese Whole Grain Pasta Green Peas, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch BBQ Burger w/Onion Rings Whole Wheat Bun Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Honey Mustard Chicken Brown Rice Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Veggie Sausage Whole Grain Waffle Sweet Potato Fries Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Teriyaki Brown Rice Mixed Vegetables Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day
24	25	26	27	28
A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Chicken Quesadilla w/Sour Cream Broccoli Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey Meatballs w/Marinara Whole Grain Pasta Caesar Salad Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Tofu Fajita Bowl Brown Rice Black Beans & Corn Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Vege Lasagna w/ Florentine Sauce Garden Salad w/ Cucumbers Wheat Rolls, Fresh Fruit P.M. Snack Fresh Fruit of the Day Healthy Snack of the Day	A.M. Snack Healthy Snack of the Day Fresh Fruit of the Day Lunch Turkey & Cheese Panini On Whole Grain Panini 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, 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.