Ex Z F	🎘 🚓 Sunda	ale School Lu	Inch Menu 🔄	
	Ma	y 1st thru June &	5th 2024 🛛 🧪	
ARC		Breakfast Menu	1	
Monday	Tuesday	Wednesday	Thursday	Friday
CEREAL	POP-TART	CINNAMON ROLL	POWDER DONUT	CEREAL
STRING CHEESE	YOGURT	STRING CHEESE	YOGURT	STRING CHEESE
FRUIT / JUICE	FRUIT / JUICE	FRUIT / JUICE	FRUIT / JUICE	FRUIT / JUICE
MILK	MILK	MILK	MILK	MILK
DRINK WATER-"IT'S	GOOD FOR THE WHOLE I	BODY" MEN	NU SUBJECT TO CHANGE W	ITHOUT NOTICE
NONFAT CHOCOLAT	E OR 1% WHITE MILK, SE		SALAD BAR DAILY	
		Wednesday 5/1	Thursday 5/2	Friday 5/3
		SUNDALE SUB	FISHSTICKS	PULLED PORK
		SANDWICH	TATER TOTS / COOKIE	SANDWICH
		VEGGIE BAR	SALAD BAR	SALAD BAR
		FRUIT	FRUIT	FRUIT
		MILK	MILK	MILK
Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10
HAMBURGER	CHICKEN TOSTADA	SUNDALE SUB	SPAGHETTI WITH	CRISPITOS
CHIPS	BEANS / SALSA	SANDWICH	MEAT SAUCE / ROLL	GREEN BEANS
SALAD BAR	TOSTADA BAR	VEGGIE BAR	SALAD BAR / CORN	SALAD BAR
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
MILK	MILK	MILK	MILK	MILK
	T AT LEAST 1/2 A CUP (ON OF BOTH. YOU MAY		ABLE WITH YOUR MEAL	
Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
MINI CORN DOGS	CHICKEN TOSTADA	SUNDALE SUB	CHICKEN SANDWICH	FRENCH BREAD
TATER TOTS	BEANS / SALSA	SANDWICH	GREEN BEANS	PEPPERONI PIZZA
SALAD BAR	TOSTADA BAR	VEGGIE BAR	SALAD BAR	SALAD BAR
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
MILK	MILK	MILK	MILK	MILK
Monday 5/20	Tuesday 5/21	Wednesday 5/22		
HAMBURGER			Thursday 5/23	Friday 5/24
	CHICKEN TOSTADA	SUNDALE SUB	SPAGHETTI WITH	CHICKEN SALAD
CHIPS	CHICKEN TOSTADA BEANS /SALSA /CORN		-	-
SALAD BAR	BEANS /SALSA /CORN TOSTADA BAR	SUNDALE SUB SANDWICH VEGGIE BAR	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS	CHICKEN SALAD CHEESY BREAD SALAD BAR
SALAD BAR FRUIT	BEANS /SALSA /CORN TOSTADA BAR FRUIT	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT
SALAD BAR <mark>FRUIT</mark> MILK	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK
SALAD BAR <mark>FRUIT</mark> MILK	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31
SALAD BAR <mark>FRUIT</mark> MILK	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN
SALAD BAR <mark>FRUIT</mark> MILK	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH
SALAD BAR <mark>FRUIT</mark> MILK	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR
SALAD BAR FRUIT MILK Monday 5/27	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR JUICE
SALAD BAR FRUIT MILK Monday 5/27	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR
SALAD BAR FRUIT MILK Monday 5/27 MEMORIAL DAY NO SCHOOL Monday 6/3	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 6/5	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR JUICE
SALAD BAR FRUIT MILK Monday 5/27	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR JUICE
SALAD BAR FRUIT MILK Monday 5/27 MEMORIAL DAY NO SCHOOL Monday 6/3	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK Tuesday 6/4	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 6/5	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR JUICE
SALAD BAR FRUIT MILK Monday 5/27 MEMORIAL DAY NO SCHOOL Monday 6/3 CHICKEN STRIPS	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK Tuesday 6/4 CHICKEN TOSTADA	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 6/5 SUNDALE SUB	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR JUICE
SALAD BAR FRUIT MILK Monday 5/27 MEMORIAL DAY NO SCHOOL Monday 6/3 CHICKEN STRIPS PASTA SALAD	BEANS /SALSA /CORN TOSTADA BAR FRUIT MILK Tuesday 5/28 WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK Tuesday 6/4 CHICKEN TOSTADA BEANS / SALSA	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 5/29 SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK Wednesday 6/5 SUNDALE SUB SANDWICH	SPAGHETTI WITH MEAT SAUCE / ROLL GREEN BEANS FRUIT MILK Thursday 5/30 WALKING TACO BIG COOKIE GREEN BEANS FRUIT	CHICKEN SALAD CHEESY BREAD SALAD BAR FRUIT MILK Friday 5/31 DICED CHICKEN SANDWICH SALAD BAR JUICE

HELPFUL NOTES FROM YOUR SUNDALE CAFETERIA STAFF:

Keep a look out for a list of locations for the <u>Summer Food Program</u> at

www.fns.usda.gov/meals4kids

Which offers free meals for all children up to 18 years of age. We will post some locations on our <u>Facebook page</u> and <u>school website</u>.

Toll-Free National Hotline is also available 1-866-3-HUNGRY (English) 1-877-8-HAMBRE (Spanish)