



Sundale School Lunch Menu

August 7th thru September 1st 2023

Eat Healthy!
Feel Healthy!

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CEREAL STRING CHEESE FRUIT / JUICE MILK	POP-TART YOGURT FRUIT / JUICE MILK	MUFFIN STRING CHEESE FRUIT / JUICE MILK	CINNAMON WAFFLES SAUSAGE FRUIT / JUICE MILK	CEREAL STRING CHEESE FRUIT / JUICE MILK
DRINK WATER-"IT'S GOOD FOR THE WHOLE BODY" Get your exercise in, walk at least 30 minutes a day !!				
NONFAT CHOCOLATE OR 1% WHITE MILK, SERVED DAILY MENU SUBJECT TO CHANGE WITHOUT NOTICE				
Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11
JELLY JAMMER WITH SOY BUTTER VEGGIE JUICE PEACH CUP MILK	CHICKEN & TURKEY HAM SANDWICH BABY CARROTS SOUR RAISINS MILK	TURKEY & CHEESE HOAGIE BABY CARROTS PEAR CUP MILK	CHICKEN & TURKEY HAM WEDGE BABY CARROTS WHOLE APPLE MILK	TURKEY SALAMI & BEEF BOLOGNA HOAGIE BABY CARROTS PINEAPPLE CUP MILK
8/7-8/11 GRAB AND GO SACK LUNCHES WILL BE SERVED				
Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18
CHICKEN SANDWICH VEGGIE FRUIT BAR MILK	BEEFY TOSTADA BEANS/STREET CORN TOSTADA BAR FROZEN FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR APPLE / BANANA MILK	CRISPITOS BEANS SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH / CHIPS VEGGIE BAR FROZEN FRUIT MILK
YOU MUST SELECT AT LEAST 1/2 A CUP OF FRUIT OR VEGETABLE WITH YOUR MEAL OR A COMBINATION OF BOTH. YOU MAY SELECT MORE.				
Monday 8/21	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25
HAMBURGER BAKED BEANS SALAD BAR DRIED FRUIT MILK	CHICKEN FAJITA TOSTADA / SALSA TOSTADA BAR FROZEN FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR APPLE / BANANA MILK	TACO SALAD BIG COOKIE VEGGIE FRUIT BAR MILK	SUNDALE SUB SANDWICH / CHIPS VEGGIE BAR FROZEN FRUIT MILK
WHY FIT IN WHEN YOU WERE BORN TO STAND OUT - Dr. Seuss				
Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1
CHICKEN SANDWICH SALAD BAR DRIED FRUIT MILK	BEEFY TOSTADA BEANS/STREET CORN TOSTADA BAR FROZEN FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR APPLE / BANANA MILK	CRISPITOS BEANS SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH / CHIPS VEGGIE BAR FROZEN FRUIT MILK

WELCOME BACK TO SCHOOL



TOSTADA BAR: SHREDDED LETTUCE, CHEESE, DICED TOMATOES, JALAPENOS, SALSA

VEGGIE BAR: SHREDDED LETTUCE, SLICED TOMATOES, ONIONS, BELL PEPPERS, CUCUMBERS, PICKLES, & OLIVES