



Sundale School Lunch Menu

January 16th thru 31st 2024



Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST MUFFIN	OATMEAL	PANCAKES	CINNAMON ROLL	WAFFLES
STRING CHEESE	YOGURT	SAUSAGE	YOGURT	YOGURT
FRUIT / JUICE	FRUIT / JUICE	FRUIT / JUICE	JUICE	FRUIT / JUICE
MILK	MILK	MILK	MILK	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 SALAD BAR DAILY

Monday 1/15	Tuesday 1/16	Wednesday 1/17	Thursday 1/18	Friday 1/19
NO SCHOOL  Martin Luther King, Jr. Day	WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK	BEAN & CHEESE BURRITO VEGGIE BAR FRUIT CUP MILK	GRILLED CHEESE SANDWICH/TATERTOTS SALAD BAR FRUIT MILK	GARLIC CHEESY BREAD W/MARINARA SALAD BAR FRUIT MILK

LACTOSE FREE OPTIONS ALWAYS AVAILABLE UPON STUDENT REQUEST.

Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26
BEEFY TOSTADA BEANS / COOKIE TOSTADA BAR FRUIT MILK	TURKEY HAM SANDWICH SALAD BAR FRUIT MILK	BEAN & CHEESE BURRITO VEGGIE BAR FRUIT MILK	GRILLED CHEESE SANDWICH/TATERTOTS SALAD BAR FRUIT MILK	GARLIC CHEESY BREAD W/MARINARA SALAD BAR 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 1/29	Tuesday 1/30	Wednesday 1/31		
BEEFY TOSTADA BEANS / COOKIE TOSTADA BAR FRUIT MILK	TURKEY HAM SANDWICH SALAD BAR FRUIT MILK	BEAN & CHEESE BURRITO VEGGIE BAR FRUIT / COOKIE MILK		

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Welcome Back

