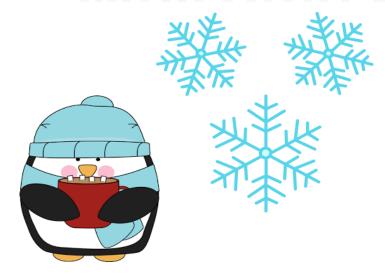


## Sundale School Lunch Menu

January 16th thru 31st 2024

for Breakfast  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	WHOLE GRAIN	BEAN & CHEESE	GRILLED CHEESE	GARLIC CHEESY
	PEPPERONI PIZZA	BURRITO	SANDWICH/TATERTOTS	BREAD W/MARINARA
	SALAD BAR	VEGGIE BAR	SALAD BAR	SALAD BAR
	FRUIT	FRUIT CUP	FRUIT	FRUIT
Martin Luther King, Jr. Day	MILK	MILK	MILK	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	TURKEY HAM	BEAN & CHEESE	GRILLED CHEESE	GARLIC CHEESY
BEANS / COOKIE	SANDWICH	BURRITO	SANDWICH/TATERTOTS	BREAD W/MARINARA
TOSTADA BAR	SALAD BAR	VEGGIE BAR	SALAD BAR	SALAD BAR
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
MILK	MILK	MILK	MILK	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	TURKEY HAM	BEAN & CHEESE		
BEANS / COOKIE	SANDWICH	BURRITO		
TOSTADA BAR	SALAD BAR	VEGGIE BAR		
FRUIT	FRUIT	FRUIT / COOKIE		
MILK	MILK	MILK		

## Welcome Back



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER'

