



# Sundale School Lunch Menu

April 2nd thru 30th 2024


## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CEREAL YOGURT FRUIT / JUICE MILK	POP-TART STRING CHEESE FRUIT / JUICE MILK	WAFFLE YOGURT FRUIT / JUICE MILK	PANCAKES SAUSAGE / EGGS FRUIT / JUICE MILK	CEREAL YOGURT 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 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
	WHOLE GRAIN PEPPERONI PIZZA VEGGIE BAR FRUIT MILK	SUNDALE SUB SANDWICH / CHIPS VEGGIE BAR FRUIT MILK	CHICKEN SANDWICH COOKED CARROTS SALAD BAR FRUIT MILK	MINI CORN DOGS BAKED BEANS 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 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
HAMBURGER FRIES SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA SALAD BAR / CORN FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	CRISPIITOS COOKED CARROTS SALAD BAR FRUIT / COOKIE MILK	CHICKEN STRIPS MASHED POTATOES SALAD BAR / ROLL FRUIT MILK

PLEASE HELP US ENCOURAGE YOUR CHILD TO TRY NEW FOODS.

Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19
HAMBURGER BAKED BEANS SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA SALAD BAR / CORN FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	CHICKEN MARINARA SUB WITH MOZZARELLA SALAD BAR FRUIT MILK	PORK CHILI VERDE RICE SALAD BAR FRUIT MILK

Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26
HAMBURGER BAKED BEANS SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA SALAD BAR / CORN FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE SALAD BAR / ROLL FRUIT MILK	CHILI CHEESE FRITO BOAT SALAD BAR FRUIT MILK

Monday 4/29	Tuesday 4/30
HAMBURGER BAKED BEANS SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA SALAD BAR / CORN FRUIT MILK



April Showers Bring May Flowers



"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Color coded menu: We want to share with you the categories that we have to offer for school lunch. You must choose 3 items for your tray. One has to be a 1/2 cup of FRUIT or VEGGIES or a mix of both. You may always select more. We must serve legumes (beans) at least one day a week.

Fruit=RED

Veggies=GREEN

Legumes=BROWN

Meat/Protein=PURPLE

Dairy=BLUE

Grain Bread=ORANGE