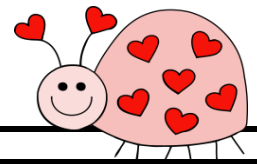




Sundale School Lunch Menu

February 1st thru 29th 2024



Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BANANA BREAD YOGURT FRUIT / JUICE MILK	CEREAL STRING CHEESE FRUIT / JUICE MILK	FRENCH TOAST YOGURT FRUIT / JUICE MILK	PANCAKES SAUSAGE 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


Lactose free options available upon request. MENU SUBJECT TO CHANGE WITHOUT NOTICE.


			Thursday 2/1	Friday 2/2
			CHICKEN STRIPS MASHED POTATOES SALAD BAR / ROLL FRUIT MILK	CHILI CHEESE FRIES COOKIE 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 2/5	Tuesday 2/6	Wednesday 2/7	Thursday 2/8	Friday 2/9
CHILI BEANS CORNBREAD SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE / ROLL CARROT STICKS FRUIT MILK	CRISPITOS BAKED BEANS SALAD BAR FRUIT MILK

"INTELLIGENCE PLUS CHARACTER-THAT IS THE GOAL OF TRUE EDUCATION" - MARTIN LUTHER KING JR.

Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	Friday 2/16
	FARM SHOW WEEK NO SCHOOL 			

Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23
NO SCHOOL 	WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	CHICKEN STRIPS MASHED POTATOES SALAD BAR / ROLL FRUIT MILK	SLOPPY JOE BEANS SALAD BAR FRUIT MILK

Monday 2/26	Tuesday 2/27	Wednesday 2/28	Thursday 2/29
CHILI CHEESE FRIES COOKIE SALAD BAR FRUIT MILK	BEEFY TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	CHICKEN ALFREDO PENNE PASTA SALAD BAR FRUIT MILK

"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
- Grain Bread=ORANGE
- Meat/Protein=PURPLE
- Dairy=BLUE