

# Sundale School Lunch Menu

March 1st thru 22nd 2024



## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BANANA BREAD YOGURT FRUIT / JUICE MILK	CEREAL STRING CHEESE FRUIT / JUICE MILK	WAFFLES YOGURT FRUIT / JUICE MILK	PANCAKES SAUSAGE FRUIT / JUICE MILK	POP-TART YOGURT FRUIT / JUICE MILK
<b>DRINK WATER-"IT'S GOOD FOR THE WHOLE BODY" Get your exercise in, walk at least 30 minutes a day !!</b>				
NONFAT CHOCOLATE OR 1% WHITE MILK, SERVED DAILY			MENU SUBJECT TO CHANGE WITHOUT NOTICE.	
				<b>Friday 3/1</b>
				ORANGE CHICKEN RICE SALAD BAR FRUIT MILK
<b>YOU MUST CHOOSE AT LEAST 1/2 A CUP OF FRUIT OR VEGGIES WITH YOUR MEAL.</b>				
Monday 3/4	Tuesday 3/5	Wednesday 3/6	Thursday 3/7	Friday 3/8
HAMBURGER CHIPS SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	CHICKEN ENCHILADA CASSAROLE / CHIPS SALAD BAR FRUIT MILK	MINI CORNDOG TATER TOTS SALAD BAR FRUIT MILK
Monday 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15
CHICKEN ALFREDO CHEESE STICK SALAD BAR FRUIT MILK	BEEFY TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	CRISPIITOS BAKED BEANS SALAD BAR FRUIT MILK	TERIYAKI CHICKEN RICE / COOKIE SALAD BAR FRUIT MILK
<b>**Fish Nuggets or Tuna Sandwich available on Fridays upon request.</b>				
Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21	Friday 3/22
HAMBURGER CHIPS SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE / ROLL SALAD BAR FRUIT MILK	CREAMY MACARONI AND CHEESE SALAD BAR FRUIT MILK
Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29

## No School

# Enjoy Your SPRING BREAK

## 3/25/24 through 4/1/24

### See you back Tuesday, April 2nd

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 or 1/2 cup per week.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Fruit=RED  
Veggies=GREEN  
Legumes=BROWN

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