



Sundale School Lunch Menu

October 2nd thru November 3rd 2023



Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
WAFFLES YOGURT FRUIT / JUICE MILK	CEREAL STRING CHEESE FRUIT / JUICE MILK	SCRAMBLED EGGS HASHBROWN FRUIT / JUICE MILK	CINNAMON ROLL YOGURT FRUIT / JUICE MILK	PANCAKES SAUSAGE / EGG PATTY FRUIT / JUICE MILK

NONFAT CHOCOLATE OR 1% WHITE MILK, SERVED DAILY

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
HAMBURGER CHIPS SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	KICKIN' NUGGETS FRIES / BREAD STICK SALAD BAR FRUIT MILK	SPAGHETTI WITH MEAT SAUCE / ROLL SALAD BAR FRUIT MILK

Wash your hands with soap and water to help prevent the spread of germs.

Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
no school on monday YES!	WHOLE GRAIN PEPPERONI PIZZA SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT / CHIPS MILK	CHICKEN STRIPS MASHED POTATOES SALAD BAR / ROLL FRUIT MILK	CRISPITOS / COOKIE 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 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
ORANGE CHICKEN RICE / CARROTS SALAD BAR FRUIT MILK	BEEFY TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH VEGGIE BAR FRUIT MILK	PULLED PORK CHEESE BREAD CORN FRUIT CUP MILK	CHILI CHEESE FRITO BOAT/COOKIE SALAD BAR FRUIT MILK



PLEASE HELP US ENCOURAGE YOUR CHILD TO TRY NEW FOODS.

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
CORNDOGS TATER TOTS 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	CRISPY CHICKEN SANDWICH SALAD BAR FRUIT MILK
Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
TERIYAKI CHICKEN RICE / CARROTS SALAD BAR FRUIT MILK	BEEFY TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	CHICKEN SANDWICH CHIPS VEGGIE BAR FRUIT MILK	MEATBALL SOUP CHEESY BREAD SALAD BAR FRUIT MILK	CHILI BEANS CORN BREAD SALAD BAR FRUIT MILK

HELPFUL NOTES FROM YOUR SUNDALE CAFETERIA STAFF:

- Fruit=RED
- Veggies=GREEN
- Legumes=BROWN
- Grain Bread=ORANGE
- Meat/Protein=PURPLE
- Dairy=BLUE

