



Sundale School Lunch Menu

September 1st thru 29th 2023

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
PANCAKES, EGG & SAUSAGE FRUIT / JUICE MILK	POP-TART YOGURT FRUIT / JUICE MILK	CEREAL STRING CHEESE FRUIT / JUICE MILK	SCRAMBLED EGGS FRENCH TOAST FRUIT / JUICE MILK	WAFFLES 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 SALAD BAR DAILY

		Friday 9/1 SUNDALE SUB SANDWICH / CHIPS VEGGIE BAR FROZEN FRUIT MILK
--	--	--

Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
	PEPPERONI PIZZA SLICE SALAD BAR FRUIT MILK	SUNDALE SUB SANDWICH / CHIPS LOTS OF VEGGIES APPLE / BANANA MILK	CHILI CHEESE FRIES GREEN BEANS/COOKIE SALAD BAR FRUIT MILK	CRISPITOS 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 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
PORK CHILI VERDE SPANISH RICE SALAD BAR FRUIT MILK	BEEFY TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	Fair Day No School 	CHICKEN ALFREDO PENNE PASTA SALAD BAR / ROLL FRUIT MILK	CHILI BEANS CORN BREAD SALAD BAR FRUIT MILK

THE BEST PREPARATION FOR TOMORROW IS DOING YOUR BEST TODAY - H JACKSON BROWN JR.

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
SLOPPY JOES CRINKLE CUT FRIES SALAD BAR FRUIT MILK	CHICKEN TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH LOTS OF VEGGIES APPLE / BANANA MILK	FRITO BOAT CORN / BROWNIE SALAD BAR FRUIT MILK	CRISPITOS COOKED CARROTS SALAD BAR FRUIT MILK

Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
HAMBURGER CHIPS SALAD BAR FRUIT MILK	BEEFY TOSTADA BEANS / SALSA TOSTADA BAR FRUIT MILK	SUNDALE SUB SANDWICH LOTS OF VEGGIES APPLE / BANANA MILK	GRILLED CHEESE TOMATO SOUP SALAD BAR FRUIT MILK	CHICKEN STRIPS MASHED POTATOES SALAD BAR / ROLL FRUIT MILK

HELPFUL NOTES FROM YOUR SUNDALE CAFETERIA STAFF:

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

