



Sudan Pre-K Lunch Menu

September
2023

Fresh fruit and vegetables offered daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Quesadilla Salsa Black Beans Cherry Tomato Diced Pears Fresh Pear White Milk
4 No School- Labor Day	5 Hotdog on Whole Grain Bun Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes White Milk	6 Bean & Cheese Burrito Salsa Spiced Pinto Beans Cherry Tomato Pineapple Tidbits Fresh Grapes White Milk	7 Spaghetti w/ Meatsauce Dinner Roll Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes White Milk	8 French Toast Sticks Sausage Patty Potato Wedges Baby Carrots Diced Pears Fresh Grapes White Milk
11 Grilled Ham & Cheese Sandwich Roasted Broccoli Baby Carrots Peaches, Diced Banana White Milk	12 Corn Dog Black Beans Baby Carrots Mixed Canned Fruit Banana White Milk	13 Meatloaf Dinner Roll Mashed Potatoes Gravy Baby Carrots Pineapple Tidbits Banana White Milk	14 Cheeseburger on a Bun Steamed Green Peas Baby Carrots Applesauce Banana White Milk	15 Pepperoni Pizza California Blend Vegetable Baby Carrots Diced Pears Banana White Milk
18 Macaroni & Cheese Dinner Roll Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear White Milk	19 Beef Nachos Salsa Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Pear White Milk	20 Crispy Chicken Sandwich Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear White Milk	21 Popcorn Chicken Bowl Bread Stick Broccoli Florets Applesauce Fresh Pear White Milk	22 Cheese Pizza Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear White Milk
25 No School	26 Pancakes Easy Egg Bake Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes White Milk	27 Orange Chicken Brown Rice Steamed Seasoned Green Beans Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes White Milk	28 Corn Dog Baked Beans Red/Orange Bell Pepper Applesauce Fresh Grapes White Milk	29 Sack Lunch Hamburger Lettuce, Tomato, and Pickles Broccoli Florets Fresh Apple White Milk

PRICES	Students	Free
	Adults	\$4.30
	Extra Milk	\$0.65
EXTRA INFO	Milk served daily: 1% Unflavored White	
	For questions please contact: Food Service Director Tonya Draper, tonyadraper@sudanisd.net Entree salads served with a grain.	



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