

August 2017

Mesa Union School

BREAKFAST

Welcome back Tigers! Menu subject to substitution. Breakfast is served daily before school and during all morning recesses. Milk and water are sold during the school day and snacks are sold after school. Please let me know if you have questions or concerns.

Thank you © Debbie
dsussex@mesaschool.org



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This institution is an equal opportunity employer.

Monday



Tuesday

Wednesday

Thursday

Friday



Happy 1st day of School!
Muffins
Yogurt
Fruit
Milk

Pancakes
Cheese stix
Fruit
Milk

Cereal
Juice
Fruit
Milk

Sausage Dogs
Fruit
Juice
Milk

Apple Frudel
Cheese Stix
Fruit
Milk

Yogurt
Muffins
Fruit
Milk

French Toast
Cheese Stix
Fruit
Milk

