

August 2017

Mesa Union School



Welcome back Tigers! Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar offered to our 3rd-8th grade students daily. Milk and Water sold daily during school and snacks are sold after school. Please make sure you let us know if your child has any food allergies. Please contact me if you have any question or concerns. Thank you ☺
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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



Cheeseburgers
Veggies
Fruit
Cookies
Milk
Salad Bar

Bean/Cheese Burritos
Spanish Rice
Fruit
Veggies
Milk
Salad Bar

Pizza Day!
Salad w/dressing
Fruit
Milk
Jello
Salad Bar

Hotdogs
Homemade Chili
Fruit
Milk
Salad Bar

Spaghetti w/meat sauce
Garlic Bread
Veggies
Fruit
Milk
Salad Bar

Grilled Cheese Sandwich
Homemade Soup
Fruit
Veggies
Milk
Salad Bar

Orange Chicken
Rice Bowls
Fruit
Veggies
Milk and Fortune Cookies
Salad Bar

