

May 2017

Mesa Union School

BREAKFAST

Menu subject to substitution. Breakfast served daily before school and during all morning recess breaks. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Snacks sold after school. Please check your student's accounts on Parent Connect to keep your students accounts current. Paypal is available on Parent Connect as well. Please let me know if you have any 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 establishment is an equal opportunity employer.

Monday

1
Bagel
Cream Cheese
Fruit
Scrambled Eggs
Milk

Tuesday

2
Tornadoes
Fruit
Juice
Milk

Wednesday

3
Yogurt
Muffins
Fruit
Milk

Thursday

4
French Toast
Scrambled Eggs
Fruit
Milk

Friday

5
Cereal
Juice
Fruit
Milk

8
Sausage Dogs
Fruit
Juice
Milk

9
Warm Pretzels
Cheese Stix
Fruit
Milk

10
Yogurt
Muffins
Fruit
Milk

11
Cinnamon Rolls
Fruit
Cheese Stix
Milk

12
Cereal
Juice
Fruit
Milk

15
Apple Frudel
Fruit
Juice
Milk

16
Scrambled Eggs
Cinnamon Toast
Fruit
Milk

17
Yogurt
Muffins
Fruit
Milk

18
Waffles
Scrambled Eggs
Fruit
Milk

19
Cereal
Juice
Fruit
Milk

22
Breakfast Burritos
Fruit
Juice
Milk

23
Cherry Frudel
Cheese Stix
Fruit
Milk

24
Yogurt
Muffins
Fruit
Milk

25
Pancakes
Scrambled Eggs
Fruit
Milk

26
Cereal
Juice
Fruit
Milk

29
Happy Memorial Day
No School

30
Tornadoes
Fruit
Juice
Milk

31
Minimum Day
Yogurt
Muffins
Fruit
Milk

