

October 2017

Mesa Union School

BREAKFAST

Menu subject to substitution when necessary. Breakfast served daily before school and during all morning recesses. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. We sell milk and water during the school day and snacks are available at our Nutrition Bar after school. Please let me know if you have questions or concerns. Please make sure you are keeping your student's accounts current. 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

Bagels w/cream cheese **2**
Fruit
Juice
Milk

Tuesday

Tornadoes **3**
Fruit
Juice
Milk

Wednesday

Yogurt **4**
Muffins
Fruit
Milk

Thursday

Pancakes **5**
Fruit
Scrambled Eggs
Milk

Friday

Cereal **6**
Cheese Stix
Fruit
Milk

Apple Frudel **9**
Fruit
Juice
Milk

Sausage Dogs **10**
Fruit
Juice
Milk

Yogurt **11**
Muffins
Fruit
Milk

Waffles **12**
Fruit
Juice
Milk

Cereal **13**
Cheese Stix
Fruit
Milk

Cherry Frudel **16**
Fruit
Juice
Milk

Breakfast Sandwich **17**
Fruit
Juice
Milk

Yogurt **18**
Muffins
Fruit
Milk

Cinnamon Rolls **19**
Fruit
Juice
Milk

Cereal **20**
Cheese Stix
Fruit
Milk

Warm Pretzels **23**
Fruit
Juice
Milk

Taco Nada **24**
Fruit
Juice
Milk

Yogurt **25**
Muffins
Fruit
Milk

French Toast **26**
Fruit
Juice
Milk

Cereal **27**
Cheese Stix
Fruit
Milk

Bagelfuls **30**
Fruit
Juice
Milk

Breakfast Burritos **31**
Fruit
Juice
Milk

