

Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar offered to all students at lunch time. Milk and water sold during school and snacks are sold after school. Please make sure your student's accounts are kept current. You can check their status at any time on Parent Connect. 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 establishment is an equal opportunity establishment.

Monday

1pm Dismissal **2**
Grilled Cheese Sandwich
Homemade Soup
 Fruit
 Milk
 Salad Bar

9
 Sub Sandwiches
 Cheezits
 Veggies
 Fruit
 Milk
 Salad Bar

16
 Pulled Pork Sandwich
 Heartzels
 Fruit
 Milk
 Salad Bar

23
 Sloppy Joes Sandwich
 Gold Fish Crackers
 Veggies
 Fruit
 Milk
 Salad Bar

30
 Chicken Pot Pie
 Mashed Potatoes
 Veggies
 Fruit
 Milk
 Salad Bar

Tuesday

1pm Dismissal **3**
 Chicken and Gravy
 Mashed Potatoes
 Cornbread
 Veggies and Fruit
 Milk
 Salad Bar

10
 Mac-n-Cheese
 Fruit
 Veggies
 Bread Sticks
 Milk
 Salad Bar

17
 BBQ Chicken
 Country Biscuit
 Fruit
 Veggies
 Milk
 Salad Bar

24
 Chicken and Rice Burritos
 Veggies
 Fruit
 Graham Crackers
 Milk
 Salad Bar

31
 Sub Sandwiches
 Fruit
 Veggies
 Milk
 Salad Bar

Wednesday

1pm Dismissal **4**
 Corndogs
 Baked Fries
 Fruit
 Milk
 Salad Bar

11
 1pm Dismissal
 Chicken Nuggets
 Tater Tots
 Fruit
 Milk
 Salad Bar

18
 1pm Dismissal
 Hotdogs
 Veggies
 Fruit
 Milk
 Salad Bar

25
 1pm Dismissal
 Corndogs
 Baked Fries
 Fruit
 Milk
 Salad Bar



Thursday

1pm Dismissal **5**
 BBQ Beef Sandwich
 Heartzels
 Veggies
 Fruit
 Milk
 Salad Bar

12
 Spaghetti w/Meat Sauce
 Garlic Bread
 Fruit
 Veggies
 Milk
 Salad Bar

19
 Bean and Cheese Burritos
 Veggies
 Fruit
 Milk
 Salad Bar

26
 Orange Chicken
 Rice Bowls
 Fruit
 Veggies
 Milk and Fortune cookies
 Salad Bar

Friday

1pm Dismissal **6**
 Homemade Pizza
 Salad w/dressing
 Fruit
 Milk
 Salad Bar

13
 Homemade Pizza
 Salad w/dressing
 Fruit
 Milk
 Salad Bar

20
 1pm Dismissal...Carnival
 Homemade Pizza
 Salad w/dressing
 Fruit
 Milk
 Salad Bar

27
 Homemade Pizza
 Salad w/dressing
 Fruit
 Milk
 Salad Bar

