

September 2017

Mesa Union School

BREAKFAST

Menus subject to substitutions. Breakfast served daily before school and during all morning recesses. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Milk and water are sold during the school day and snacks sold after school. Please be sure to keep your student's accounts current. Please let me know if you have questions or concerns.

Thank you, Debbie Sussex 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 and provider.



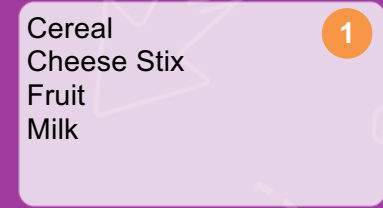
Monday

Tuesday

Wednesday

Thursday

Friday



4
Happy Labor Day
No School

5
Apple Frudel
Cheese Stix
Fruit
Milk

6
Muffins
Yogurt
Fruit
Milk

7
Back To School Night
Pancakes
Fruit
Juice
Milk

8
Cereal
Cheese Stix
Fruit
Milk

11
Tornadoes
Fruit
Juice
Milk

12
Breakfast Sandwich
Fruit
Juice
Milk

13
Muffins
Yogurt
Fruit
Milk

14
Back To School Night
Apple Cinnamon Rolls
Fruit
Juice
Milk

15
Cereal
Cheese Stix
Fruit
Milk

18
Breakfast Burritos
Fruit
Juice
Milk

19
Picture Day!
Cherry Frudel
Cheese Stix
Fruit
Milk

20
Muffins
Yogurt
Fruit
Milk

21
Waffle Stix
Fruit
Juice
Milk

22
Cereal
Cheese Stix
Fruit
Milk

25
Taco Nadas
Fruit
Juice
Milk

26
Sausage Dogs
Cinnamon Toast
Fruit
Milk

27
Muffins
Yogurt
Fruit
Milk

28
French Toast
Fruit
Juice
Milk

29
Cereal
Cheese Stix
Fruit
Milk