

September 2017

Mesa Union School

LUNCH

Menu subject to substitution when necessary. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar offered daily. Please inform of us of any food allergies your child may have. Also, please keep your child's account current at all times. Please contact me if you have any 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



Pizza Day!
Salad w/dressing
Fruit
Milk
Dessert
Salad bar **1**

4
Happy Labor Day
No School

5
Grilled Chicken Sandwich
Veggies
Fruit
Milk
Salad Bar

6
Chicken Nuggets
Tater Tots
Fruit
Milk
Salad Bar

7
Taco Bowls
w/Rice and Beans
Fruit
Veggies
Milk
Salad Bar

8
Pizza Day!
Salad w/dressing
Fruit
Milk
Dessert
Salad bar

11
Pulled Pork Sandwich
Veggies
Fruit
Milk
Salad Bar

12
Mac-n-Cheese
Cornbread
Fruit
Veggies
Milk
Salad Bar

13
Corn Dogs
Baked Fries
Fruit
Milk
Salad Bar

14
Back To School Night
Orange Chicken/Rice Bowls
Fruit
Veggies
Milk
Fortune Cookies
Salad Bar

15
Pizza Day!
Salad w/dressing
Fruit
Milk
Dessert
Salad bar

18
Sub Sandwiches
Heartzels
Fruit
Veggies
Milk
Salad Bar

19
Picture Day!
Chicken and Rice Burritos
Beans
Fruit
Milk
Salad Bar

20
Hotdogs
Veggies
Fruit
Milk
Salad Bar

21
Back To School Night
Chicken Pot Pie
Fruit
Veggies
Milk
Salad Bar

22
Pizza Day!
Salad w/dressing
Fruit
Milk
Dessert
Salad bar

25
BBQ Chicken
Homemade Chili
Country Biscuit
Fruit
Milk
Salad Bar

26
Bean and Cheese Burritos
Spanish Rice
Fruit
Veggies
Milk
Salad Bar

27
Cheeseburgers
Veggies
Fruit
Milk
Salad Bar

28
Orange Chicken/Rice Bowl
Fruit
Veggies
Milk
Fortune Cookies
Salad Bar

29
Pizza Day!
Salad w/dressing
Fruit
Milk
Dessert
Salad bar