

February 2018

Mesa Union School

BREAKFAST

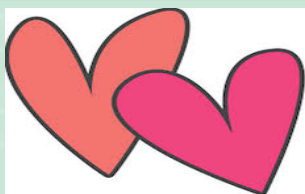
Menu subject to change. Breakfast served before school and during all morning recesses and offered to all students. All meals served with choice 1% regular or nonfat TruMoo chocolate milk. Please make sure your child's accounts are positive at all times. Let me know if you have questions or concerns. 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.



Monday



Tuesday



Wednesday

Thursday

Friday

Bagel
 Cream Cheese
 Fruit
 Milk and Juice

5

Sausage Dogs
 Fruit
 Juice
 Milk

6

Yogurt
 Chocolate Muffins
 Fruit
 Milk

7

Pancakes
 Cheese Stix
 Fruit
 Milk

8

Cereal
 Cheese Stix
 Fruit
 Milk
 Juice

9

President Lincoln's
 Birthday

12

Taco Nada
 Fruit
 Juice
 Milk

13

Yogurt
 Chocolate Muffins
 Fruit
 Milk

14

Waffle Stix
 Juice
 Fruit
 Milk

15

Cereal
 Cheese Stix
 Fruit
 Milk
 Juice

16

President's Holiday

19

Tornadoes
 Fruit
 Juice
 Milk

20

Yogurt
 Chocolate Muffins
 Fruit
 Milk

21

Cinnamon Rolls
 Juice
 Fruit
 Milk

22

Cereal
 Cheese Stix
 Fruit
 Milk
 Juice

23

Apple Frudel
 Fruit
 Juice
 Milk

26

Breakfast Burrito
 Fruit
 Juice
 Milk

27

Yogurt
 Chocolate Muffins
 Fruit
 Milk

28

