

Menu subject to substitution. All meals served with choice of 1% or nonfat TruMoo chocolate milk. Salad bar offered daily to all students. Snack bar opened daily after school. Please be sure to keep your child's account positive at all times. Let me know if you have any 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 institution is an equal opportunity employer.

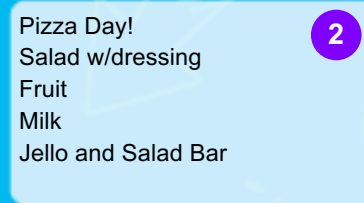
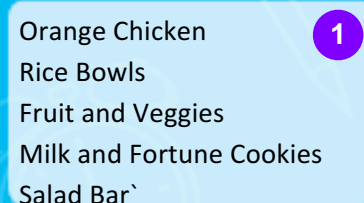
Monday

Tuesday

Wednesday

Thursday

Friday



Cheeseburgers **5**
 Goldfish Crackers
 Fruit and Veggies
 Milk and Salad Bar

BBQ Chicken **6**
 Country Biscuit
 Fruit and Veggies
 Milk
 Salad Bar

Chicken Nuggets **7**
 Baked Fries
 Fruit
 Milk
 Salad Bar

Grilled Cheese Sandwich **8**
 Homemade Soup
 Fruit
 Milk
 Salad Bar

Pizza Day! **9**
 Salad w/dressing
 Fruit
 Milk
 Jello and Salad Bar

President Lincoln's **12**
 Birthday

Sub Sandwiches **13**
 Heartzels
 Fruit and Apple Pie
 Milk and Salad Bar

Hotdogs **14**
 Homemade Chili
 Fruit and Valentine Cookies
 Milk and Salad Bar

Spaghetti **15**
 Garlic Bread
 Salad w/dressing and Fruit
 Milk and Salad Bar

Pizza Day! **16**
 Salad w/dressing
 Fruit
 Milk
 Jello and Salad Bar

President's Day **19**

Chicken and Rice **20**
 Burritos
 Spanish Rice and Fruit
 Milk and Salad Bar

Corndogs **21**
 Baked Fries
 Fruit
 Milk and Salad Bar

Mac-n-Cheese **22**
 Cornbread
 Fruit and Veggies
 Milk and Salad Bar

Pizza Day! **23**
 Salad w/dressing
 Fruit and Milk
 Jello and Salad Bar

Bean and Cheese **26**
 Burritos
 Beans and Fruit
 Milk and Salad Bar

Chicken and Gravy **27**
 Mashed Potatoes
 Fruit and Country Biscuit
 Milk and Salad Bar

Orange Chicken **28**
 Rice Bowls
 Veggies and Fruit
 Milk and Fortune Cookies
 Salad Bar

