

# January 2018

## Mesa Union Union School

### BREAKFAST

Menu subject to substitution. Breakfast is served daily before school and during all morning recesses. All meals are served with the choice of 1% regular or nonfat TruMoo chocolate milk. Please be sure to keep your student's accounts current. Let me know if you have questions or concerns. 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.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



No School



Apple Frudel  
Cheese Stix  
Fruit  
Milk

Sausage Dogs  
Juice  
Fruit  
Milk

Yogurt  
Muffins  
Fruit  
Milk

Cinnamon Roll  
Cheese Stix  
Fruit  
Milk

Cereal  
Juice  
Fruit  
Milk

Martin Luther King Jr  
Holiday

Warm Pretzels  
Fruit  
Cheese Stix  
Milk

Yogurt  
Muffins  
Fruit  
Milk

Pancakes  
Cheese Stix  
Fruit  
Milk

Cereal  
Juice  
Fruit  
Milk

Tornadoes  
Fruit  
Juice  
Milk

Cherry Frudel  
Cheese Stix  
Fruit  
Milk

Yogurt  
Muffins  
Fruit  
Milk

Waffle Stix  
Cheese Stix  
Fruit  
Milk

Cereal  
Juice  
Fruit  
Milk

Bagel w/cream cheese  
Fruit  
Juice  
Milk

Breakfast Burrito  
Fruit  
Juice  
Milk

Yogurt  
Muffins  
Fruit  
Milk

