

January 2018

Mesa Union School



Menu subject to change. All meals served with choice of 1% regular milk or TruMoo nonfat chocolate milk. Salad bar offered daily to all students. Please be sure you keep your student's accounts current at all times. Thank you, Debbie Sussex dsussex@mesaschool.org
This establishment is an equal opportunity employer.



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



1
Orange Chicken
Rice Bowls
Veggies and Fruit
Milk and Fortune Cookies
Salad Bar

2
Cheeseburgers
Veggies
Fruit
Gold Fish Crackers
Milk
Salad Bar

3
Corndogs
Baked Fries
Fruit
Milk
Salad Bar

4
Grilled Cheese Sandwich
Homemade Soup
Veggies
Fruit
Milk
Salad Bar

5
Pizza Day!
Veggies
Fruit
Jello
Milk
Salad Bar

15
Martin Luther King Jr

Holiday

16
Bean and Cheese
Burritos
Fruit and Spanish Rice
Milk
Salad Bar

17
Hotdogs
Homemade Chili
Fruit
Milk
Salad Bar

18
BBQ Chicken Sandwich
Veggies
Fruit
Milk
Salad Bar

19
Pizza Day!
Veggies
Fruit
Jello
Milk
Salad Bar

22
Spaghetti
Garlic Bread
Veggies
Fruit
Milk and Salad Bar

23
BBQ Beef Sandwich
Veggies
Fruit
Milk
Salad Bar

24
Chicken Nuggets
Baked Fries
Fruit
Milk
Salad Bar

25
Taco Bowls
Rice and Beans
Fruit and Veggies
Milk and Salad Bar

26
Pizza Day!
Veggies
Fruit
Jello
Milk
Salad Bar

29
Chicken and Gravy
Mashed Potatoes
Veggies and Fruit
Milk and Salad Bar

30
Mac-n-Cheese
Cornbread
Fruit and Veggies
Milk and Salad Bar

31
Corndogs
Baked Fries
Fruit
Milk and Salad Bar

