

Menu subject to substitution. Breakfast served before school and during all morning recesses. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. You can check accounts on Parent Connect...please keep all accounts positive. Paypal is available online. 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

Sausage Dogs **5**
Fruit
Juice
Milk

Bagel w/Cream Cheese **6**
Fruit
Juice
Milk

Yogurt **7**
Chocolate Muffins
Fruit
Milk

Cinnamon Rolls **8**
Ham
Fruit
Milk

Cereal **9**
Cheese Stix
Fruit
Milk

12
Staff Development Day

No School

Apple Frudel **13**
Cheese Stix
Fruit
Milk

Yogurt **14**
Chocolate Muffins
Fruit
Milk

Waffles **15**
Ham
Fruit
Milk

Cereal **16**
Cheese Stix
Fruit
Milk

Cherry Frudel **19**
Fruit
Juice
Milk

Tornadoes **20**
Fruit
Juice
Milk

Yogurt **21**
Chocolate Muffins
Fruit
Milk

French Toast **22**
Ham
Fruit
Milk

Cereal **23**
Cheese Stix
Fruit
Milk

26
Spring Break

No School

