

Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar offered to all students at lunch. Please be sure to keep all accounts positive. You can access your student's accounts on Parent Connect and Paypal is accepted 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

BBQ Chicken
Cornbread
Fruit and Veggies
Milk and Salad Bar

5

Pulled Pork Sandwich
Fruit
Veggies
Milk and Salad Bar

6

Hotdogs
Chili
Fruit and Veggies
Milk and Salad Bar

7

Cheeseburgers
Beans
Fruit
Milk and Salad Bar

1

Pizza Day!
Fruits
Veggies
Milk
Salad Bar

2

Staff Development Day

No School

12

Grilled Cheese Sandwich
Homemade Soup
Fruit and Veggies
Milk and Salad Bar

13

Corndogs
French Fries
Fruit
Milk and Salad Bar

14

Spaghetti
Garlic Bread
Fruit and veggies
Milk and Salad Bar

8

Pizza Day!
Fruits
Veggies
Milk
Salad Bar

9

Mac-n-cheese
Fruit and Veggies
Cookies and Milk
Salad Bar

15

Pizza Day!
Fruits
Veggies
Milk
Salad Bar

16

Sub Sandwiches
Gold Fish Crackers
Fruit and Veggies
Milk and Salad Bar

19

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

20

Chicken Nuggets
Mashed Potatoes
Fruit and Veggies
Milk and Salad Bar

21

Cheeseburgers
Beans
Fruit and Milk
Salad Bar

22

Pizza Day!
Fruits
Veggies
Milk
Salad Bar

23

Spring Break

No School

26



27



28



29



30