

# April 2018

## Mesa Union School

### BREAKFAST

Menu subject to substitutions. Breakfast is served before school and during all morning recess breaks. All meals are served with choice of 1% regular or nonfat TruMoo chocolate milk. Milk and water are for sale during the school day and our snack bar is open after school. Please be sure to keep your student's accounts current at all times. Thank you, Debbie Sussex [dsussex@mesaschool.org](mailto:dsussex@mesaschool.org)

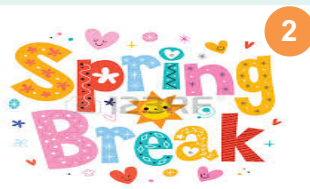


**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This establishment is an equal opportunity employer.

### Monday



Bagel  
With Cream Cheese  
Fruit and Juice  
Milk

### Tuesday



Apple Frudel  
Cheese Stix  
Fruit  
Milk

### Wednesday



Yogurt  
Chocolate Muffin  
Fruit  
Milk

### Thursday



Cinnamon Rolls  
Fruit  
Juice  
Milk

### Friday



Cereal  
Cheese Stix  
Fruit  
Milk

Sausage Dogs  
Fruit  
Juice  
Milk

Egg Sandwich  
Fruit  
Juice  
Milk

Yogurt  
Chocolate Muffin  
Fruit  
Milk

Pancakes  
Fruit  
Juice  
Milk

Cereal  
Cheese Stix  
Fruit  
Milk

Taco Nada  
Fruit  
Juice  
Milk

Strawberry Bagelful  
Fruit  
Cheese Stix  
Milk

Yogurt  
Chocolate Muffin  
Fruit  
Milk

Waffles  
Fruit  
Juice  
Milk

Cereal  
Cheese Stix  
Fruit  
Milk

Chocolate Croissant  
Fruit  
Juice  
Milk

