

Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad offered to all students at lunch. Milk and water are sold during the school day. 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



**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



9  
Cheeseburgers  
Veggies  
Fruit and Milk  
Salad Bar

10  
Chicken and Gravy  
Mashed Potatoes  
Fruit and Biscuit  
Milk and Salad Bar

11  
Hotdogs  
Homemade Chili  
Fruit and Milk  
Salad Bar

12  
Spaghetti  
Garlic Bread  
Fruit and Veggies  
Milk and Salad Bar

13  
Pizza Day!  
Salad w/dressing  
Fruit and Dessert  
Milk and Salad Bar

16  
Orange Chicken  
Rice Bowls, Fortune cookies  
Fruit and Veggies  
Milk and Salad Bar

17  
Sub Sandwiches  
Goldfish Crackers  
Fruit and Veggies  
Milk and Salad Bar

18  
Corndogs  
Baked Fries  
Fruit and Milk  
Salad Bar

19  
Bean and Cheese  
Burritos  
Fruit and Spanish Rice  
Milk and Salad Bar

20  
Pizza Day!  
Salad w/dressing  
Fruit and Dessert  
Milk and Salad Bar

23  
Grilled Cheese Sandwich  
Homemade Soup  
Fruit and Milk  
Salad Bar

24  
Chicken Pot Pie  
Mashed Potatoes  
Country Biscuit and Fruit  
Milk and Salad Bar

25  
Chicken Nuggets  
Tater Tots  
Fruit and Milk  
Salad Bar

26  
Taco Bowls  
Chicken, Rice, Beans  
Fruit and Milk  
Grahams, Salad Bar

27  
Pizza Day!  
Salad w/dressing  
Fruit and Dessert  
Milk and Salad Bar

30  
BBQ Chicken  
Cornbread  
Fruit and Veggies  
Milk and Salad Bar

