

# May 2018

## Mesa Union School

### BREAKFAST

Menu is subject to substitution. Breakfast is served before school and during all morning recesses. Milk and water are sold during school. Snacks are sold after school. Please make sure your student's accounts are kept positive. Thank you! Debbie

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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

Sausage Dogs  
Fruit  
Juice  
Milk

1

Yogurt  
Muffins  
Fruit  
Milk

2

Cinnamon Rolls  
Fruit  
Cheese Stix  
Milk

3

Cereal  
Fruit  
Juice  
Milk

4

Bagel  
w/Cream cheese  
Fruit  
Juice  
Milk

7

Apple Frudel  
Fruit  
Cheese Stix  
Milk

8

Yogurt  
Muffins  
Fruit  
Milk

9

Pancakes  
Fruit  
Cheese Stix  
Milk

10

Cereal  
Fruit  
Juice  
Milk

11

Tornadoes  
Fruit  
Juice  
Milk

14

Chocolate Croissant  
Fruit  
Juice  
Milk

15

Yogurt  
Muffins  
Fruit  
Milk

16

Waffle Stix  
Cheese Stix  
Fruit  
Milk

17

Cereal  
Fruit  
Juice  
Milk

18

Taco Nada  
Fruit  
Juice  
Milk

21

Cherry Frudel  
Fruit  
Cheese Stix  
Milk

22

Yogurt  
Muffins  
Fruit  
Milk

23

Cinnamon Rolls  
Cheese Stix  
Fruit  
Milk

24

Cereal  
Fruit  
Juice  
Milk

25



28

Sausage Dog  
Fruit  
Cheese Stix  
Milk

29

Yogurt  
Muffins  
Fruit  
Milk

30

Pancakes  
Cheese Stix  
Fruit  
Milk

31



Happy Memorial Day