

May 2018

Mesa Union School

LUNCH

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. Milk and water sold during school hours and snack bar is open after school. Please keep your student's accounts positive at all times. Thank you! Debbie dsusse@mesaschool.org
This establishment is an equal opportunity employer.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday



Tuesday

Wednesday

Thursday

Friday

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

7

Bean & Cheese Burritos
Spanish Rice
Fruit
Milk
Salad Bar

1

Cheeseburgers
Fruit
Milk
Salad Bar

2

Spaghetti
Garlic Bread
Fruit
Veggies
Milk
Salad Bar

3

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

4

Mac-n-Cheese
Breadsticks
Fruit and Veggies
Milk
Salad Bar

14

Sub Sandwiches
Goldfish Crackers
Veggies and Fruit
Milk
Salad Bar

8

Corndogs
Baked Fries
Fruit
Milk
Salad bar

9

Chicken & Rice Burritos
Spanish Rice
Fruit and Veggies
Milk
Salad Bar

10

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

11

Taco Bowls
With Rice and Beans
Fruit and Veggies
Milk
Salad Bar

15

Hotdogs
Chili
Fruit
Milk
Salad Bar

16

Grilled Cheese Sandwich
Fruit
Homemade Soup
Milk
Salad Bar

17

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

18

Chicken and Gravy
Mashed Potatoes
Cornbread
Fruit and Veggies
Milk
Salad Bar

21

Pulled Pork Sandwich
Veggies
Fruit
Milk and Graham Crackers
Salad Bar

22

Chicken Nuggets
Baked Fries
Fruit
Milk
Salad Bar

23

Nachos
Beans
Fruit
Milk
Salad Bar

24

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

25

Happy Memorial Day

28



Grilled Chicken Sandwich
Fruit
Veggies
Milk
Salad Bar

29

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

30

Sub Sandwiches
Gold Fish Crackers
Fruit and Veggies
Milk
Salad Bar

31

