

June 2018

Mesa Union School

BREAKFAST

Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo milk. Breakfast is served before school and during all morning recesses. Milk and water are sold during school and snacks are sold after school. Please be sure to keep your student's accounts positive at all times. Thank you! Have a great summer, 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 establishment is an equal opportunity employer.

Monday

Tuesday

Wednesday

Thursday

Friday



Apple Frudel
Fruit
Cheese Stix
Milk

4

Sausage Dogs
Fruit
Juice
Milk

5

Yogurt
Chocolate Muffins
Fruit
Milk

6

Cinnamon Rolls
Fruit
Juice
Milk

7

Cereal
Fruit
Juice
Milk

1

Tornadoes
Fruit
Juice
Milk

11

Chocolate Crescent
Fruit
Cheese Stix
Milk

12

Yogurt
Chocolate Muffins
Fruit
Milk

13

Pancakes
Fruit
Juice
Milk

14

Cereal
Fruit
Juice
Milk

15

Have a great
Summer
Vacation!

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