

June 2018

Mesa Union School



Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar offered to all students buying lunch. Milk and water sold during school and snacks are sold after school. Please 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



Pizza Day! 1
Salad w/dressing
Fruit and Dessert
Milk and Salad bar

Cheeseburgers 4
Tortilla Chips
Fruit and Veggies
Milk
Salad Bar

BBQ Chicken 5
Cornbread
Veggies and Fruit
Milk
Salad Bar

Corndogs 6
Baked Fries
Fruit
Milk
Salad Bar

Grilled Cheese Sandwich 7
Homemade Soup
Fruit
Milk
Salad Bar

Pizza Day! 8
Salad w/dressing
Fruit and Dessert
Milk and Salad bar

Hotdogs 11
Fruit
Milk
Salad Bar

Spaghetti 12
Garlic Bread
Fruit and Salad
Milk
Salad Bar

Chicken Nuggets 13
Chocolate Chip Cookies
Fruit and Veggies
Milk
Salad Bar

Nachos 14
Homemade Chili
Fruit
Milk
Salad Bar

Pizza Day! 15
Salad w/dressing
Fruit and Dessert
Milk and Salad bar

Have a great 18

Summer
VaCation!

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IT'S SUMMER!

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