



# MESA MATTERS



Honor the past, live in the present, drive to the future.... The Mesa Way!

February 25, 2019

## Upcoming Events

Wed Feb 27	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Thurs Feb 28	<b>7th Grade</b> Science Fair Science Lab
Fri Mar 1	TK- 5 Student of the Month Assembly 8:20AM, 9:00AM, 9:40AM - Cafeteria
Mon Mar 4	Kindness Club 2:45PM-3:45PM - Library
Wed Mar 6	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Wed Mar 6	Battle of the Books Competition 6:00PM - MPR
Tues Mar 12	Coffee with the Principal 8:30AM - cafeteria
Wed Mar 13	Early Dismissal 1:00 PM grades TK-3; 1:05 PM grades 4-8
Thurs Mar 14	PELAC Meeting 8:40AM - School Office
Thurs Mar 14	Parent Advisory Committee Meeting 6:00PM - Library

Please look at our website, Twitter, Instagram, and Facebook pages for the latest news and updates, and read the Mesa Matters weekly.

### School Website:

[mesaschool.org](http://mesaschool.org)

### Twitter:

@MesaUnionSchool

@jturnersupt

@Kim\_Kuklenski\_

Instagram: [mesaschooldistrict](https://www.instagram.com/mesaschooldistrict)

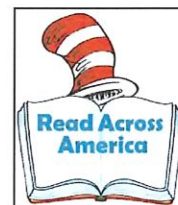
Facebook: Mesa Union School District



## School Message

Hello Mesa Families,

**Read Across America** is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on the birthday of beloved children's author Dr. Seuss. Please see the attached flier for more info and schoolwide and family events.



Friendly reminder... **Please return the LCAP parent survey to the school or district office by Friday, March 1, 2019.** The survey is also available online at [mesaschooldistrict.org/lcap-survey/](http://mesaschooldistrict.org/lcap-survey/) Thanks in advance for your input!



Parents, please remember to sign in at the school office when you need to drop off items to your child. Please do not go directly to the classroom. Thank you for your cooperation and protecting valuable instructional time.



### ATTENTION 8TH GRADE PARENTS!!!

Please check Mesa Matters weekly for important dates, deadlines, and meetings regarding Oxnard Union High School District information:

- Deadline for Intra-District transfers - February 28, 2019; 4:30 PM.
- Rio Mesa Incoming Freshmen Enrollment Night - March 7, 2019 OR March 13, 2019  
(see attached flier)
- Rio Mesa Open House - March 27, 2019; 6:00PM (see attached flier)

Are you a **NEW** family to OUHSD?  
(A new family has **NOT** had a student attend OUHSD in the last 5 years)

Enroll your 8th grader by visiting [www.oxnardunion.org/enroll](http://www.oxnardunion.org/enroll)





# MESA MATTERS



Honor the past, live in the present, drive to the future... The Mesa Way!

25 de febrero del 2019

## Próximos Eventos

Mié. Feb. 27	Los Estudiantes Salen Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Jue. Feb. 28	Feria de Ciencia del 7° Grado En el Laboratorio de Ciencia
Vie. Mar. 1	Asamblea del Estudiante del Mes TK- 5 8:20AM, 9:00AM, 9:40AM - En la cafetería
Lun. Mar 4	Club de la Bondad 2:45PM-3:45PM - Biblioteca
Mié. Mar 6	Los Estudiantes Salen Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Mié Mar 6	Concurso de la Batalla de los Libros 6:00PM - En el MPR
Mar. Mar 12	Café con el Director 8:30AM - En la cafetería
Mié. Mar 13	Los Estudiantes Salen Temprano 1:00 PM grados TK-3; 1:05 PM grados 4-8
Jue. Mar 14	Reunión de PELAC 8:40AM - En la Oficina de la Escuela
Jue. Mar 14	Reunión del Comité Consultivo de Padres 6:00PM - Biblioteca

Por favor consulte las páginas de nuestro sitio web, Twitter, Instagram, y Facebook para la últimas noticias y actualizaciones, y lea Mesa Matters semanalmente.

Sitio Web Escolar:

[mesaschool.org](http://mesaschool.org)

Twitter:

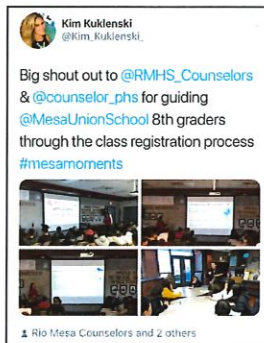
@MesaUnionSchool

@jturnersupt

@Kim\_Kuklenski\_

Instagram: [mesaschooldistrict](https://www.instagram.com/mesaschooldistrict)

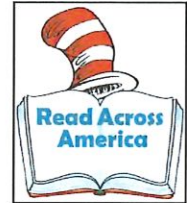
Facebook: Mesa Union School District



## Mensaje de la Escuela

Hola Familias de Mesa,

**Read Across America** es un programa anual de motivación y para hacer conciencia para la lectura, el programa pide a cada niño en cada comunidad que celebre la lectura en el cumpleaños del querido autor de niños, el Dr. Seuss. Por favor, consulte el folleto adjunto para más información y eventos escolares y familiares.



Un amable recordatorio... **Por favor devuelva la encuesta para padres de LCAP a la escuela u oficina del distrito antes del viernes, 1 de marzo del 2019.**

La encuesta también está disponible en la línea en [mesaschooldistrict.org/lcap-survey/](http://mesaschooldistrict.org/lcap-survey/) ¡Gracias de antemano por su ayuda!



Parents, please remember to sign in at the school office when you need to drop off items to your child. Please do not go directly to the classroom. Thank you for your cooperation and protecting valuable instructional time.



**¡¡¡ATENCIÓN PADRES DEL 8° GRADO!!!**

Por favor lea Mesa Matters semanalmente para fechas importantes, plazos, y juntas e información sobre el Distrito Escolar de Oxnard Union High:

- Fecha límite para Transferencias Intra-distritales es el 28 de febrero del 2019; a las 4:30 PM.
- Noche de Inscripción de los estudiantes entrantes a Rio Mesa - 7 de marzo del 2019 O 13 de marzo del 2019 (ver el volante adjunto)
- Puertas Abiertas de Rio Mesa (Open House) - 27 de marzo del 2019; a las 6:00PM (ver el volante adjunto)

¿Son una **NUEVA** familia al OUHSD?

(Una familia nueva es alguien que **NO** haya tenido a un estudiante en OUHSD en los últimos 5 años)

Inscribe a su hijo de 8° grado visitando

[www.oxnardunion.org/enroll](http://www.oxnardunion.org/enroll)

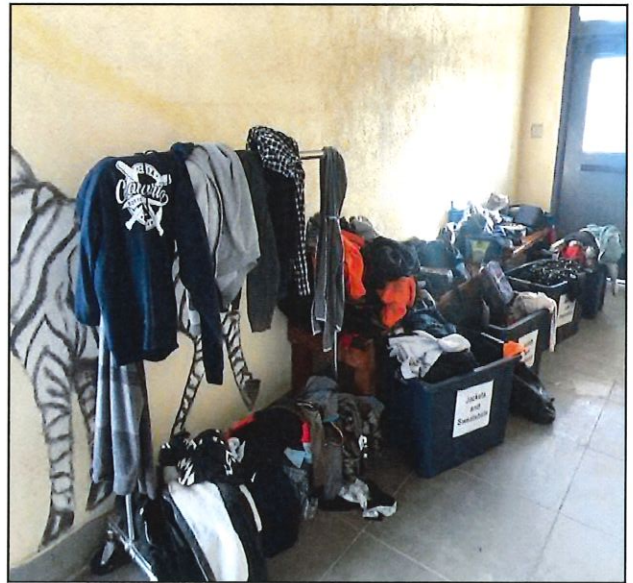


## Lost and Found

We have an enormous amount of jackets, sweaters, and various other items in our Lost and Found. If your child is missing anything, please come check the Lost and Found (located in the Kindergarten courtyard between rooms 1 and 2) by **Friday, March 8th**. After this date, all unclaimed items will be donated to the Goodwill.

## Objetos Perdidos

Tenemos una enorme cantidad de chamarras, suéteres, y varios otros artículos en nuestro lugar de Objetos Perdidos. Si su hijo perdió algo, por favor venga a revisar entre los Objetos Perdidos (situado en el patio de Kinder entre los salones 1 y 2) después del **8 de marzo**. Después de esta fecha, todas las cosas no reclamadas serán donadas.



## Tobacco-Use Prevention Education

Tobacco-Use Prevention Education (TUPE) is a comprehensive evidence-based tobacco-use prevention, youth development, intervention, and cessation program.

***Mesa Union School students grades 6, 7, 8 will participate in a vape education class this Friday, March 1st during their PE period.***

The purpose of the TUPE program is to reduce youth tobacco-use by helping students make healthy decisions through tobacco-specific educational instruction and activities that build knowledge as well as social skills and youth development assets. TUPE funding originates from tobacco tax revenue and provides prevention programs in grades six through twelve.



## Educación de Prevención de Uso de Tabaco

Educación de Prevención de uso de Tabaco (TUPE) es un programa para dejar de fumar y hay una amplia evidencia basada a la prevención del consumo de tabaco, el desarrollo de la juventud, la intervención.

***Los estudiantes de la Escuela de Mesa Union de los grados 6to, 7mo, 8vo participarán en la educación de vapear este viernes, 1ro de marzo durante su periodo de Educación Física.***

El propósito del programa TUPE es reducir el consumo de tabaco de los jóvenes ayudando a los estudiantes a tomar decisiones saludables a través de instrucción educativa específicamente sobre el tabaco y actividades que construyen conocimientos, así como habilidades sociales y el desarrollo activo juvenil. La financiación de TUPE proviene de los ingresos tributarios del tabaco y proporciona programas de prevención en los grados del sexto hasta el doceavo.



## Restaurant Night



# JOIN US FOR A *Fin-Tastic* FUNDRAISER

Enjoy Fin-tastic food & help raise money \$\$ for our team.  
Bring this flyer and 20% Net Sales will benefit:

**Mesa Union School**  
**PFO**

**SAVE THE  
DATE**

**February 27<sup>th</sup> (Wednesday)**

**10:30am – 9:00pm**

1831 N. Rose Ave

Oxnard, CA 93030

805-981-4360

Dine In. Call Ahead. Online. Take-Out.

*Thank you! We look forward to seeing you.*



Please remember to present\* this flyer when ordering or picking up your phone-ahead order. \*If your smartphone or tablet device can open this document, you can present it without printing it out.

**WWW.SHARKYS.COM**

Not valid with any other discounts or offers. Valid on the date and location listed above. Valid for dine in or take out. Manager, please attach flyer to guest check. Event proceeds and if fees are distributed in or near the restaurant.

# Mesa Union PFO - Family Movie Night

Friday March 1st - 5:30-8:00pm



**PFO** presents



## The LORAX

Friday, March 1, 2019, 5:30PM-8PM

Mesa Cafeteria

Come in your pajamas! Bring your own blankets, chairs, sleeping bags, etc

Join us as we celebrate Dr. Seuss's Birthday!

This is a **FREE** event for Mesa families! Thank you for supporting PFO & Mesa School!



FREE concessions



FREE arts & crafts

FREE photo opportunities

FREE guessing jar game

**PLEASE NOTE:** This is NOT a drop-off event, parent **MUST** be present with their child the **ENTIRE EVENING**

# READ ACROSS AMERICA



## CELEBRATING Dr. SEUSS' BIRTHDAY AND THE LOVE OF READING!

You Could Not, Would Not, Want to Miss a Celebration Such as This!

**Monday, February 25 - Friday, March 1**

Every day this week there will be dress up days, activities to do. Have fun and Happy Reading!

### Monday, February 25

Dress up day: Wear Red, Black and White Day

-*The Cat in the Hat*



### Tuesday, February 26

Dress up Day: Class Color Day

-*My Many Colored Days*



### Wednesday, February 27

Dress up Day: Read My Shirt Day (students wear your shirt that has something we can read!)  
Parents: Post on social media what book you and/or your child are reading

### Thursday, February 28

Dress up Day: Wear Animal Print or a shirt with an animal on it

-*If I Ran the Zoo*



### Friday, March 1

Dress Up Day: Wear Green

Community Members will come and read to our students

-*Green Eggs and Ham*



### Activities:

- All week: Students can come by the library and estimate how many red, white, blue M&M's are in the jar. Winner from each grade level groups (K-1, 2-3, 4-5, Jr. Hi) will win a prize!!
- All week: Students can come by the library and make a bookmark!
- Friday, March 1 Green Eggs and Ham will be served in the cafeteria
- Friday, March 1 Community Members will come and read to our students
- Friday, March 1 Family Fun Night Event-Movie Night-PFO will present The Lorax, 5:30-8:30 in the cafeteria, along with fun & exciting activities for all to do

## School Attendance and Tardy Update

Students who attend school regularly and punctually are more likely to succeed academically, to enjoy school more, and to feel more part of the school community. **Please be advised of the start times: Grades 4-8 begin at 8:10AM and Grades TK-3 begin at 8:25AM.**

**Our attendance and tardy goal is to have 97%** of our students present and on time every day. Let's make a push to improve our attendance and tardy rates for the month of February.

2018-19 Attendance Rates:	School Wide	Elementary	Jr High
Feb 1- Feb 8	95.08%	95.01%	95.15%
Feb 12-15	94.43%	93.36%	95.50%
Feb 19-22	95.43%	93.48%	97.38%

2018-19 Tardy Rates	School Wide	Elementary	Jr High
Feb 1- Feb 8	96.25%	97%	95.50%
Feb 12-15	96.10%	94.93%	97.30%
Feb 19-22	95.05%	95.7%	94.4%

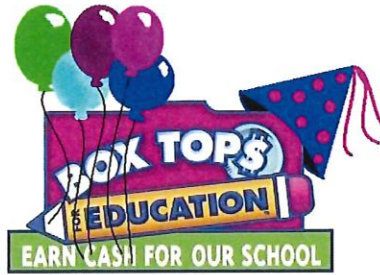
## Actualización de Asistencia y Tardanzas de la Escuela

Estudiantes que atienden la escuela regularmente tienen tendencia de tener éxito académicamente, y disfrutar más, y sentirse más parte de la comunidad escolar. **Por favor tenga en cuenta los horarios de comenzar la escuela: Grado 4-8 comienzan a las 8:10AM y Grados TK-3 comienzan a las 8:25AM.**

**Nuestra meta de asistencia o tardanzas es tener un 97%** de estudiantes presentes y a tiempo todos los días. Hagamos un esfuerzo para mejorar nuestras tasas de asistencia y tardanzas para el mes de febrero.

Tasa de Asistencia del 2018-19:	Toda la Escuela	Primaria	Secundaria
1 al 8 de febrero	95.08%	95.01%	95.15%
12 al 15 de febrero	94.43%	93.36%	95.50%
19 al 22 de febrero	95.43%	93.48%	97.38%

Tasa de Tardanzas del 2018-19	Toda la Escuela	Primaria	Secundaria
1 al 8 de febrero	96.25%	97%	95.50%
12 al 15 de febrero	96.10%	94.93%	97.30%
19 al 22 de febrero	95.05%	95.7%	94.4%



Let's get all those Box Tops turned  
in!

our last submission date for this school year is March 1st!  
Be sure to get all your Box Tops turned in before next Friday to  
earn your prize and help our school earn money!

Just a reminder of some of the many brands that have  
Box Tops:



Cascadian Farms

Cheerios

Chex

Scott

Old El Paso

Finish

Nature Valley

Fiber One

PaperMate

Nestle Pure Life

If you have any comments or questions, please contact me at  
[ahampton777@gmail.com](mailto:ahampton777@gmail.com).

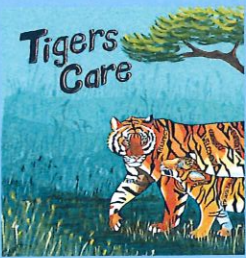




**DonorsChoose.org**

*Support a classroom. Build a future.*

Help our school by supporting this Mesa Union classroom project <http://bit.ly/MUDCshed>



Play is FUNdamental!

Help us give our students a new storage shed for their recess and adaptive PE equipment.

¡El juego es fundamental!

Ayúdenos a darles a nuestros estudiantes un nuevo cobertizo de almacenamiento para sus equipos de recreo y PE adaptativo.

Ayuda a nuestra escuela apoyando este proyecto de aula Mesa Union

<http://bit.ly/MUDCshed>

*¡muchas gracias!*

THANK  
YOU!

**ABOUT DonorsChoose**

DonorsChoose.org is an online charity that makes it easy for anyone to help students in need. It was started in April 2000 by a public school teacher in the Bronx as a way to help students and teachers get much needed supplies in the classroom. Public school teachers from every corner of America post classroom project requests on the site, and donors give any amount to the project of their choice. When a project reaches its funding goal, materials are shipped to the school. To date, over 340 million dollars have been raised helping over 15 million students nationwide.

**ATTENTION  
KINDERGARTEN  
AND TRANSITIONAL  
KINDERGARTEN  
PARENTS  
2019-2020**

**MESA SCHOOL  
ROUND-UP/TEA  
WILL BE  
TUESDAY  
MARCH 5, 2019  
1:00 P.M.  
MESA CAFETERIA**

**PARENTS ARE ENCOURAGED TO BRING THEIR CHILD TO THE  
ROUND-UP TEA. WE LOOK FORWARD TO MEETING YOU!**

**ATENCION  
PADRES DE NUEVOS  
ALUMNOS DE  
KINDERGARTEN  
2019-2020**

**LA ESCUELA MESA TENDRA  
UNA JUNTA INFORMATIVA  
EL  
MARTES  
5 DE MARZO DE 2019  
1:00 P.M.  
EN LA CAFETERIA**

**SE LES PIDE QUE VENGA SU  
HIJO/HIJA PARA CONOCERLOS!**



# Rio Mesa High School

Incoming Freshman Enrollment,  
Registration, and Information Night



Thursday, March 7, 2019

or

Wednesday, March 13, 2019

RMHS Gymnasium

- 5:30 - 5:55** An early opportunity to turn in *completed* enrollment & registration paperwork for 2019-2020
- 6:00 - 6:30** Welcome, Introductions and General Meeting
- 6:30 - 7:00** RMHS Activities, Clubs, Programs and Sports Fair  
Continue to turn in completed enrollment & registration paperwork

**For your enrollment package to be complete,  
please bring the following items:**

- ◆ Completed course selection registration form
- ◆ Completed OUHSD Enrollment forms
- ◆ **Copy** of your student's birth certificate
- ◆ **Copy** of your student's immunization records
- ◆ **Copy** of one of your utility bills (electric, water, gas)

# Go Spartans!



# Rio Mesa High School

## Noches del Noveno grado para información y matriculación



jueves, 7 de marzo 2019

o

miércoles, 13 de marzo 2019

El Gimnasio de RMHS

- 5:30- 5:55:** Oportunidad temprana para entregar paquete de inscripción y sus selecciones de cursos para 2019- 2020 *completados*
- 6:00- 6:30:** Bienvenida, introducciones y junta general
- 6:30– 7:00** Feria de actividades clubes, programas académicas, deportes de RMHS  
Continúe de entregar paquete de inscripción y sus selecciones de cursos completados

**Para que su paquete esté completo,  
por favor traigan los siguientes documentos:**

- ♦ Formulario de selección de cursos completo
- ♦ Paquete de inscripción de OUHSD completo
- ♦ **Copia** del acta de nacimiento de su hijo/a
- ♦ **Copia** de los registros de vacunas de su hijo/a
- ♦ **Copia** de una de sus cuentas de servicios públicos (electricidad, agua, gas)

# Go Spartans!

Rio Mesa High School \* 545 Central Avenue \* Oxnard, CA 93036 \* 805-278-5500

# Mesa Union PFO Accepting Board Nominations Now!

(2019-2020 School Year - Effective July 2019)



**GET INVOLVED**  
Make a Difference!



## WE NEED YOU - HELP KEEP MESA THRIVING!

Mesa Union School PFO is now accepting board officer nominations for the next 2019-2020 school year. Term is effective July 1, 2019. Elections are held at the May Annual Membership meeting.

### Board Officers Needed:

- **President**
- **Vice-President**
- **Treasurer**
- **Secretary**

Put together a team and make a difference!

Email [nominations@mesapfo.org](mailto:nominations@mesapfo.org) to submit your name or nominate a member for consideration. See rules regarding eligibility in our [Bylaws & Standing Rules](#). Nominated persons must be PFO dues paying members (you're eligible if submitted during Membership Drive at beginning of year).

Any questions? Contact the Elections/Nominations Chair Maribel Carino-Alvarez (Mesa Librarian) or any current PFO Board Officer or email above.

Mesa Union PFO is a nonprofit public 501c(3) charity. It runs like a nonprofit corporation with similar governance and reporting requirements. PFO operates on approximately a \$100,000+ budget each year dependent on fundraising goals met.

PFO provides for the general welfare of the Mesa's students and families with educational enhancement and school connectedness programs such as field trips, teacher room funds, special projects/programs, athletics funding, family nights, Carnival, hospitality, etc.

**Please note that if there is no Board elected, programs will be suspended. An interim Board may be empaneled to provide administrative oversight of business functions until a new Board is installed.**



# Mesa Union PFO Nominations Form

(2019-2020 School Year - Effective July 2019)

### PFO Officer Positions:

- 1. President.** The President will preside over meetings of the organization and Executive Board; serve as a leader and key contact for the organization; shall set the agenda for each monthly meeting, shall be an ex-officio member of all committees; coordinate the work of the officers and committees so that the purpose of the organization is served; appoint chairpersons for committees and ensure that the responsibilities of chairpersons are dutifully performed. President may sign with the Secretary or Treasurer contracts or any other instruments in transacting business in accordance with Annual Budget, programs, and actions approved by the General Membership or Executive Board.
- 2. Vice President.** The Vice President will assist the President and will perform the duties of the President in his or her absence or inability to serve. The Vice President shall perform other such duties as assigned by the President or the Executive Board.
- 3. Treasurer.** The Treasurer shall receive all monies of the organization; keep accurate records of disbursements, income, assets, and bank account information; pay out funds in accordance with approval of membership and the Executive Board; ensure that state and federal taxes are filed annually; ensure a monthly and annual audit are completed; and maintains liability insurance. Treasurer shall prepare monthly and annual financial reports. The Treasurer shall perform other such duties as assigned by the President or the Executive Board.
- 4. Secretary.** The Secretary shall keep all records of the organization, take and record minutes, handles correspondence, and post notices. The Secretary shall keep the official copy of minutes, bylaws, rules and Voting Members list. The Secretary shall perform other such duties as assigned by the President or the Executive Board.

Nominate yourself or someone else. All positions can be shared as "Co-". **Nominations must be received by March 16, 2019 and will be voted on at the PFO Annual Meeting Friday May 4, 2019.** Nominees will be contacted to ensure their interest before their name is officially placed on the ballot.

Please fill out this form and return to the front office or email your nomination to [nominations@mesapfo.org](mailto:nominations@mesapfo.org).

-----  
I would like to nominate:

Name: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_

Position (Please Check one):

\_\_\_\_ President      \_\_\_\_ Vice-President      \_\_\_\_ Treasurer      \_\_\_\_ Secretary

Nominated by:

Your Name: \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_

# OXNARD KNIGHTS YOUTH FOOTBALL

## Recruiting Now!

All Equipment Provided, No Experience Necessary. Ages 6-14  
Season Training Starts in July!



## “Work Hard, Never Quit!”

**Come Find Out What it Means to BE a KNIGHT and  
Join our Family, Building Lifetime Friendships, and  
Valuable Skills for High School and Beyond!**

**Registration Dates: Jan 23/ Feb 6, 17, 20, 24/ Mar 3, 6, 10, 20, 27/  
Apr 3, 7, 14, 17, 28/ May 1, 5, 15, 19, 29/ Jun 5, 9, 19**

**\*\*Please check for times and locations on our website.**

**Sunday Conditioning Camp @ Rio Lindo Park  
(except holidays) check social media for hours!**

For More Information call (805) 807-9920 & visit us online.

Webpage: [oxnardknightsfootball.com](http://oxnardknightsfootball.com)

Instagram: Oxnard Knights Football

Facebook: Oxnard Knights Youth Football and Cheer.

You can also visit us at our sign up locations posted online.



# OXNARD KNIGHTS YOUTH FOOTBALL

Reclutando ahora!

Ninos de 6 a 14 anos de edad, experiencia no es necesaria, todo el equipo es proporcionado.



**“Trabaja duro, nunca te rindas!”**

**Ven a descubrir lo que significa ser un caballero (Knight) y unete a nuestra familia, construyendo amistades de por vida y habilidades para la preparatoria( High school) y mas alla!**

**Registration Dates: Jan 23/ Feb 6, 17, 20, 24/ Mar 3, 6, 10, 20, 27/  
Apr 3, 7, 14, 17, 28/ May 1, 5, 15, 19, 29/ Jun 5, 9, 19**

**\*\*Please check for times and locations on our website.**

**Campamento de Ejercicio los Domingos en Rio Lindo Park  
(exepcto dias festivos) revisa nuestra red social para horario!**

Para mas informacion llama (805) 807-9920 y visita nuestra pagina de  
Web: [oxnardknightsfootball.com](http://oxnardknightsfootball.com)

Instagram: Oxnard Knights Football

Facebook: Oxnard Knights Youth Football and Cheer

You can also visit us at our sign up locations posted online.

USYVL presents

# Camarillo Youth Volleyball

Volleyball Starts Here!



## Pleasant Valley Community Center

1605 E. Burnley St.  
Camarillo, CA 93010

Starts Wed., April 03, 2019  
Wednesdays 6:00 - 7:00 PM and  
Saturdays 9:00 - 10:00 AM

## SIGN UP NOW FOR SPRING!

- 8 weeks of instruction in a safe, fun and encouraging environment.
- 4 coed age divisions for boys & girls, 7-15.
- Registration price includes a volleyball, t-shirt and participation award.

## PLAN AHEAD AND SAVE.

Early: \$150 due by 12/1/2018

Regular: \$175 until 3/1/2019

Late: \$195 until 4/1/2019

Multiple child family discount and financial aid available to those who qualify.

Register online at  
**usyvl.org**

## Make A Difference. Volunteer.

USYVL depends on volunteers. We provide training & support and respect your time. There's no feeling quite like helping a child learn, so volunteer today!

UNITED STATES YOUTH



VOLLEYBALL LEAGUE

# February 2019

## Mesa Union School

### BREAKFAST

**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 artichoke hearts.

This institution is an equal opportunity provider.

#### Monday



**4**  
Mini Bagelful  
Bananas  
Milk

**11**  
Staff Development Day  
No School

**18**  
President's Day  
No School

**25**  
Cherry Frudel  
Bananas  
Milk

#### Tuesday

**5**  
Pancakes  
Pears  
Milk

**12**  
French Toast  
Bananas  
Milk

**19**  
Mini Cinnamon Roll  
Banana  
Milk

**26**  
Waffles  
Pears  
Milk



Menus subject to substitutions. Breakfast is served before school during all morning recesses. All meals are served with choice of regular or nonfat TruMoo Chocolate milk. Milk and water are sold school. Please be sure to keep your student's accounts positive at times. Let me know if you have questions or concerns. Thank

#### Wednesday

**6**  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

**13**  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

**20**  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

**27**  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

#### Thursday

**7**  
Apple Frudel  
Applesauce  
Milk

**14**  
Chocolate Crescents  
Pears  
Milk

**21**  
French Toast  
Pears  
Milk

Pancakes  
Applesauce  
Milk

#### Friday

**1**  
Yogurt  
Chocolate Muffins  
Peaches  
Milk

**8**  
Cereal  
Apple Juice  
Oranges  
Milk

**15**  
Cereal  
Apple Juice  
Oranges  
Milk

**22**  
Cereal  
Apple Juice  
Oranges  
Milk



# February 2019

## Mesa Union School

### LUNCH

Menu subject to substitutions. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Salad bar is offered to all students at lunch. Water and Milk are sold during the school day. Snack bar is open after school. Please be sure to keep your student's student's account positive at all times. Let me know if you have any questions. Thanks, Debbie @ dsusse@mesaschool.org

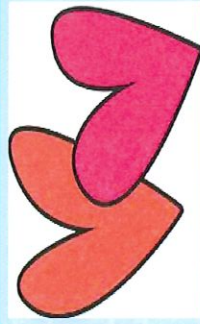


Nutrition Tip: Practice stealth health - sneak veggies into favorite light on the meat and top your pizza with vegetables like tomatoes, bell peppers, mushrooms, zucchini, and artichoke hearts.

This institution is an equal opportunity provider.



#### Monday



**4**  
Spaghetti  
Garlic Bread  
Broccoli and Bananas  
Milk  
Salad Bar

**11**  
**Staff Development Day**  
**No School**

**18**  
**President's Day**  
**No School**

**25**  
Mac-N-Cheese  
Chili  
Bananas  
Milk  
Salad Bar

#### Tuesday

**5**  
Grilled Cheese Sandwich  
Carrots  
Peaches  
Milk  
Salad Bar

**12**  
Sub Sandwich  
Bananas  
Carrot Stix  
Milk  
Salad Bar

**19**  
Hotdogs  
Carrots  
Bananas  
Milk  
Salad Bar

**26**  
Bean & Cheese Burrito  
Spanish Rice  
Carrot Stix and Pears  
Milk  
Salad Bar

#### Wednesday

**6**  
Corndogs  
Baked Fries  
Pears  
Milk  
Salad Bar

**13**  
Mini Corndogs  
Baked Fries  
Applesauce  
Milk  
Salad Bar

**20**  
Chicken Nuggets  
Corns  
Pears  
Milk  
Salad Bar

**27**  
Corndogs  
Baked Fries  
Applesauce  
Milk  
Salad Bar

#### Thursday

**7**  
BBQ Chicken Sandwich  
Carrot Stix  
Apple Slices  
Milk  
Salad Bar

**14**  
Chicken and Rice  
Burritos  
Broccoli  
Pears  
Milk and Salad Bar

**21**  
Orange Chicken  
Carrots  
Orange Slices  
Milk  
Salad Bar

**28**  
BBQ Beef Sandwich  
Peaches  
Carrots  
Milk  
Salad Bar

#### Friday

**1**  
Pizza Day  
Carrots  
Peaches  
Milk and Jello  
Salad Bar

**8**  
Pizza Day  
Corn  
Peaches  
Milk and Jello  
Salad Bar

**15**  
Pizza Day  
Carrots  
Peaches  
Milk and Jello  
Salad Bar

**22**  
Pizza Day  
Broccoli  
Peaches  
Milk and Jello  
Salad Bar



# March 2019

## Mesa Union School

### BREAKFAST

Menus are subject to substitution. Breakfast is served with choice of 1% regular or nonfat TruMoo chocolate milk. Breakfast is available before school and during all morning recesses. Milk and water are sold during school. Snack bar is open after school. Please be sure your student's accounts are current at all times. Thanks, Debbie [dsusse@mesaschool.org](mailto:dsusse@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 institution is an equal opportunity provider.

#### Monday



**4**  
Tornadoes  
Fruit  
Juice  
Milk

**11**  
Sausage Dog  
Fruit  
Milk

**18**  
No School  
Teacher Development  
Day

**25**  
Cherry Frudel  
Fruit  
Juice  
Milk

#### Tuesday



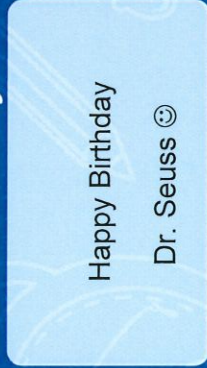
**5**  
Apple Frudel  
Cheese Stix  
Fruit  
Milk

**12**  
Bagel w/cream cheese  
Fruit  
Juice  
Milk

**19**  
Cinnamon Rolls  
Cheese Stix  
Fruit  
Milk

**26**  
Breakfast Sandwich  
Fruit  
Juice  
Milk

#### Wednesday



**6**  
Muffins  
Yogurt  
Fruit  
Milk

**13**  
Muffins  
Yogurt  
Fruit  
Milk

**20**  
Muffins  
Yogurt  
Fruit  
Milk

**27**  
Muffins  
Yogurt  
Fruit  
Milk

#### Thursday



**7**  
Pancakes  
Fruit  
Juice  
Milk

**14**  
Cinnamon Rolls  
Fruit  
Cheese Stix  
Milk

**21**  
French Toast  
Fruit  
Juice  
Milk

**28**  
Waffles  
Cheese Stix  
Fruit  
Milk

#### Friday

**1**  
Muffins  
Yogurt  
Fruit  
Milk

**8**  
Cereal  
Fruit  
Cheese Stix  
Milk

**15**  
Cereal  
Fruit  
Juice  
Milk

**22**  
Cereal  
Fruit  
Cheese Stix  
Milk

**29**  
Cereal  
Fruit  
Juice  
Milk

**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 provider.



Menu subject to substitution. All meals served with choice of 1% nonfat TruMoo milk. Salad bar offered daily. Milk and water are during the school day and our snack bar is open after school. Please ensure your student's accounts are current at all times. Thanks, dsussex@mesaschool.org



### Monday



**4**  
Grilled Cheese Sandwiches  
Homemade Soup  
Fruit and Milk  
Salad Bar

**11**  
Sub Sandwiches  
Goldfish Crackers  
Fruit and Veggies  
Milk and Salad Bar

**18**  
No School  
Professional Development Day

**25**  
Chicken and Rice Burritos  
Fruit and Veggies  
Milk and Salad Bar

### Tuesday



**5**  
Spaghetti  
Garlic Bread  
Fruit and Veggies  
Milk and Salad Bar

**12**  
Orange Chicken  
Rice Bowls  
Fruit and Veggies  
Milk and Fortune Cookies  
Salad Bar

**19**  
Bean & Cheese Burrito  
Fruit and Veggies  
Milk and Salad Bar

**26**  
Grilled Cheese Sandwich  
Homemade Soup  
Fruit and Milk  
Salad Bar

### Wednesday

Happy Birthday  
Dr. Seuss

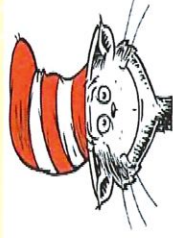
**6**  
Chicken Nuggets  
Baked Fries  
Fruit  
Milk  
Salad Bar

**13**  
Corn dogs  
Baked Fries  
Fruit  
Milk and Salad Bar

**20**  
Hotdogs  
Homemade Chili  
Fruit  
Milk and Salad Bar

**27**  
Mini Corn Dogs  
Baked Fries  
Fruit and Milk  
Salad bar

### Thursday



**7**  
BBQ Chicken Sandwich  
Fruit and Veggies  
Milk  
Salad Bar

**14**  
BBQ Beef Sandwich  
Veggies  
Fruit  
Milk  
Salad Bar

**21**  
Mac and Cheese  
Bread Sticks  
Fruit and Veggies  
Milk and Salad Bar

**28**  
Taco Bowls  
Rice and Beans  
Fruit and Veggies  
Milk and Salad Bar

### Friday

**1**  
Green Eggs & Ham  
Pizza  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**8**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**15**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**22**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar

**29**  
Pizza Day!  
Salad w/dressing  
Fruit and Jello  
Milk and Salad Bar