

February 2019

Mesa Union School

BREAKFAST

Menus subject to substitutions. Breakfast is served before school and during all morning recesses. All meals are served with choice of 1% regular or nonfat TruMoo Chocolate milk. Milk and water are sold during school. Please be sure to keep your student's accounts positive at all times. Let me know if you have questions or concerns. Thank you, 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 institution is an equal opportunity provider.

Monday



Tuesday

Wednesday

Thursday

Friday

Mini Bagelful
Bananas
Milk

4

Pancakes
Pears
Milk

5

Yogurt
Chocolate Muffins
Peaches
Milk

6

Apple Frudel
Applesauce
Milk

7

Cereal
Apple Juice
Oranges
Milk

8

Staff Development Day
No School

11

French Toast
Bananas
Milk

12

Yogurt
Chocolate Muffins
Peaches
Milk

13

Chocolate Crescents
Pears
Milk

14

Cereal
Apple Juice
Oranges
Milk

15

President's Day
No School

18

Mini Cinnamon Roll
Banana
Milk

19

Yogurt
Chocolate Muffins
Peaches
Milk

20

French Toast
Pears
Milk

21

Cereal
Apple Juice
Oranges
Milk

22

Cherry Frudel
Bananas
Milk

25

Waffles
Pears
Milk

26

Yogurt
Chocolate Muffins
Peaches
Milk

27

Pancakes
Applesauce
Milk

