

MESA ARTS ACADEMY AUGUST MENU BREAKFAST 2021/22



1% WHITE OR FAT FREE FLAVORED MILK OFFERED DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Includes: Entrée, fruit, 100% Fruit Juice and choice of 1% white or fat free flavored milk</p> <p>Lunch includes: Entrée, fruit, 100% fruit juice, ½ cup carrots, additional ½ cup vegetable and choice of 1% White or FF Flavored Milk</p>	<p><u><i>This institution is an Equal Opportunity Provider</i></u></p>	<p>3 WG Blueberry Muffin Schoolboy Apple</p>	<p>4 Apple Cinnamon Nutri-Grain Cereal Bar & Cheese Cubes Peaches</p>	<p>5 Cherry Frudel Schoolboy Apple</p>	<p>6 Cereal & String Cheese Oranges</p>
		<p>9 Mini Cinni Rolls Fresh Pears</p>	<p>10 Bagel & Strawberry Cream Cheese Schoolboy Apple</p>	<p>11 WG Mini Maple Pancakes Mixed Fruit</p>	<p>12 WG Banana Muffin Banana</p>
<p>Daily Vegetarian Options: Bean Burrito Veggie Burger</p> <p>SUSD serves whole grain bread and pasta and reduced fat, reduced sodium items where available. Items are baked, never fried.</p> <p>Menu subject to change based on availability</p> <p>Locally grown seasonal fruits and veggies will also be served based on availability</p>	<p>16 Banana Chocolate Chunk Cereal Bar Fresh Pears</p>	<p>17 Apple Frudel Schoolboy Apple</p>	<p>18 WG Apple Muffin Peaches</p>	<p>19 WG Bagel & Cream Cheese Schoolboy Apple</p>	<p>20 Cereal & String Cheese Oranges</p>
<p>USDA is an equal opportunity provider & employer. Menus are subject to change.</p> 	<p>30 WG Chocolate Chip Muffin Fresh Pears</p>	<p>31 Mini Pancakes Schoolboy Apple</p>			



MESA ARTS ACADEMY AUGUST MENU LUNCH 2021/22

1% WHITE OR FAT FREE FLAVORED MILK OFFERED DAILY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Includes: Entrée, fruit, 100% Fruit Juice and choice of 1% white or fat free flavored milk</p> <p>Lunch includes: Entrée, fruit, 100% fruit juice, ½ cup carrots, additional ½ cup vegetable and choice of 1% White or FF Flavored Milk</p>	<p><u>This institution is an Equal Opportunity Provider</u></p>	<p>3 Un crustable Celery 100% Fruit Juice Baby Carrots</p>	<p>4 Beef Taco Stick Cucumber Slices Diced Pears Baby Carrots</p>	<p>5 Cheeseburger Baked Beans Orange Baby Carrots</p>	<p>6 Chicken Drumstick w/ WG Roll Oven Baked Fries 100% Fruit Juice Baby Carrots</p>
	<p>9 Corndog On A Stick Celery Sticks 100% Fruit Juice Baby Carrots</p>	<p>10 Chicken Tenders w/ Dipping Sauce & WG Roll Corn Pear Baby Carrots</p>	<p>11 ½ Turkey Ham Sandwich w/Goldfish Pretzels Side Salad w/Ranch Cup Schoolboy Apple Baby Carrots</p>	<p>12 Chicken & Cheese Quesadilla Refried Beans Mixed Fruit Baby Carrots</p>	<p>13 Pasta w/ Meatballs Cucumber Slices 100% Fruit Juice Baby Carrots</p>
<p>Daily Vegetarian Options: Bean Burrito Veggie Burger</p> <p><i>SUSD serves whole grain bread and pasta and reduced fat, reduced sodium items where available. Items are baked, never fried.</i></p> <p><i>Menu subject to change based on availability</i></p> <p><i>Locally grown seasonal fruits and veggies will also be served based on availability</i></p>	<p>16 Bosco Pepperoni Stick Celery Sticks Mixed Fruit Baby Carrots Ranch Cup</p>	<p>17 Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Orange Baby Carrots</p>	<p>18 Nachos w/Turkey Taco Meat & Cheese Side Salad w/Ranch Cup 100% Fruit Juice Baby Carrots</p>	<p>19 ½ Combo Sandwich w/Cheez-Its Edamame Fresh Grapes Baby Carrots</p>	<p>20 French Toast Stix Cucumbers Applesauce Baby Carrots</p>
	<p>23 Corndog On A Stick Celery Orange Baby Carrots</p>	<p>24 Chicken Patty Sandwich/Spicy Chicken Sandwich Corn 100% Fruit Juice Baby Carrots</p>	<p>25 Macaroni & Cheese Fresh Broccoli Schoolboy Apple Baby Carrots</p>	<p>26 Hotdog Baked Beans Mixed Fruit Baby Carrots</p>	<p>27 Manwich Cucumbers 100% Fruit Juice Baby Carrots</p>
<p>USDA is an equal opportunity provider & employer. Menus are subject to change.</p> 	<p>30 Bosco Pepperoni Stick Fresh Broccoli Mixed Fruit Baby Carrots Ranch Cup</p>	<p>31 Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Pear Baby Carrots</p>			

