


# MESA ARTS ACADEMY OCTOBER MENU 2021

1% WHITE OR FAT FREE FLAVORED MILK OFFERED DAILY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast Includes:</b> Entrée, fruit, 100% Fruit Juice and choice of 1% white or fat free flavored milk</p> <p><b>Lunch includes:</b> Entrée, fruit, ½ cup carrots, additional ¼ cup vegetable and choice of 1% White or FF Flavored Milk</p> <p><b>Daily Vegetarian Options:</b> 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>1</p> <p>Cereal &amp; String Cheese Oranges <b>LUNCH:</b> Tony's Pizza Cucumbers 100% Fruit Juice Baby Carrots</p>
	4	5	6	7	8
	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
	11	12	13	14	15
	<p>Oatmeal Chocolate Chip Breakfast Bar Diced Pears <b>LUNCH:</b> Pizza Bosco Pepperoni Stick Celery Sticks Diced Peaches Baby Carrots Ranch Cup</p>	<p>WG Blueberry Muffin Schoolboy Apple <b>LUNCH:</b> Pizza Fresh Broccoli 100% Fruit Juice Baby Carrots</p>	<p>Apple Cinnamon Nutri-Grain Cereal Bar &amp; Cheese Cubes Peaches <b>LUNCH:</b> Beef Taco Stick Edamame Diced Pears Baby Carrots</p>	<p>Cherry Frudel Oranges <b>LUNCH:</b> Cheeseburger Celery Sticks Apple Baby Carrots</p>	<p>Cereal &amp; String Cheese Apple <b>LUNCH:</b> Chicken Drumstick w/ WG Roll Oven Baked Tots 100% Fruit Juice Baby Carrots</p>
<p>USDA is an equal opportunity provider &amp; employer. Menus are subject to change.</p> 	18	19	20	21	22
	<p>Mini Cinni Rolls Fresh Pears <b>LUNCH:</b> CornDog On A Stick Celery Sticks 100% Fruit Juice Baby Carrots</p>	<p>Bagel &amp; Strawberry Cream Cheese Schoolboy Apple <b>LUNCH:</b> Chicken Tenders w/ Dipping Sauce &amp; WG Roll Corn Pear Baby Carrots</p>	<p>WG Mini Maple Pancakes Mixed Fruit <b>LUNCH:</b> ½ Turkey Ham Sandwich w/Goldfish Pretzels Side Salad w/Ranch Cup Schoolboy Apple Baby Carrots</p>	<p>WG Banana Muffin Banana <b>LUNCH:</b> Chicken &amp; Cheese Quesadilla Refried Beans Mixed Fruit Baby Carrots</p>	<p>Cereal &amp; String Cheese Oranges <b>LUNCH:</b> Meatball Sub Cucumber Slices 100% Fruit Juice Baby Carrots</p>
	25	26	27	28	29
	<p>Banana Chocolate Chunk Cereal Bar Fresh Pears <b>LUNCH:</b> Bosco Pepperoni Stick Celery Sticks Mixed Fruit Baby Carrots Ranch Cup</p>	<p>Apple Frudel Schoolboy Apple <b>LUNCH:</b> Chicken Nuggets w/ Dipping Sauce &amp; WG Roll Potato Smiles Orange Baby Carrots</p>	<p>WG Apple Muffin Peaches <b>LUNCH:</b> Nachos w/Turkey Taco Meat &amp; Cheese Side Salad w/Ranch Cup 100% Fruit Juice Baby Carrots</p>	<p>WG Bagel &amp; Cream Cheese Schoolboy Apple <b>LUNCH:</b> ½ Combo Sandwich w/Cheeze-Its Edamame Fresh Grapes Baby Carrots</p>	<p>Cereal &amp; String Cheese Oranges <b>LUNCH:</b> French Toast Stix Cucumbers Applesauce Baby Carrots</p>

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