


MESA ARTS ACADEMY NOVEMBER 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>1 Strawberry Nutri-Grain Cereal Bar & Cheese Cubes Fresh Pears</p> | <p>2 French Toast Breakfast Bar Schoolboy Apple</p> | <p>3 WG Bagel & Cream Cheese Mixed Fruit</p> | <p>4 WG Maple Waffle Banana</p> | <p>5 Cereal & String Cheese Oranges</p> |
| | <p>8 WG Chocolate Chip Muffin Fresh Pears</p> | <p>9 Mini Pancakes Schoolboy Apple</p> | <p>10 Apple Cinnamon Cereal Bar Peaches</p> | <p>11 Veteran's Day</p> | <p>12 Cereal & String Cheese Oranges</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>15 Oatmeal Chocolate Chip Breakfast Bar Fresh Pears LUNCH:</p> | <p>16 WG Blueberry Muffin Schoolboy Apple</p> | <p>17 Apple Cinnamon Nutri-Grain Cereal Bar & Cheese Cubes</p> | <p>18 Cherry Frudel Schoolboy Apple</p> | <p>19 Cereal & String Cheese Oranges</p> |
| | <p>22 Mini Cinni Rolls Fresh Pears</p> | <p>23 Bagel & Strawberry Cream Cheese Schoolboy Apple</p> | <p>24 Thanksgiving</p> | <p>25 Thanksgiving</p> | <p>26 Thanksgiving</p> |
| <p>Locally grown seasonal fruits and veggies will also be served based on availability</p> <p>USDA is an equal opportunity provider & employer. Menus are subject to change.</p>  | <p>29 Banana Chocolate Chunk Cereal Bar Fresh Pears</p> | <p>30 Apple Frudel Schoolboy Apple</p> | <p>12/1 WG Apple Muffin Peaches</p> | <p>12/2 WG Bagel & Cream Cheese Schoolboy Apple</p> | <p>12/3 Cereal & String Cheese Oranges</p> |


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MESA ARTS ACADEMY NOVEMBER 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>1 Cheesy Pull Apart Baked Beans Orange Baby Carrots</p> | <p>2 Chicken Patty Sandwich/Spicy Chicken Sandwich Corn 100% Fruit Juice Baby Carrots</p> | <p>3 Macaroni & Cheese Fresh Broccoli Schoolboy Apple Baby Carrots</p> | <p>4 Hotdog Celery Mixed Fruit Baby Carrots</p> | <p>5 Tony's Pizza Cucumbers 100% Fruit Juice Baby Carrots</p> |
| | <p>8 Bosco Pepperoni Stick Fresh Broccoli Mixed Fruit Baby Carrots Ranch Cup</p> | <p>9 Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Diced Pears Baby Carrots</p> | <p>10 Bean & Cheese Burrito Cucumber Slices 100% Fruit Juice Baby Carrots</p> | <p>11 Veterans Day</p> | <p>12 Nachos w/Turkey Taco Meat & Cheese Refried Beans Diced Peaches 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>15 Bosco Pepperoni Stick Fresh Broccoli Diced Peaches Baby Carrots Ranch Cup</p> | <p>16 Breakfast Sandwich Celery 100% Fruit Juice Baby Carrots</p> | <p>17 Beef Taco Stick Cucumber Slices Diced Pears Baby Carrots</p> | <p>18 Cheeseburger Baked Beans Orange Baby Carrots</p> | <p>19 Chicken Drumstick w/ WG Roll Oven Baked Potatoes 100% Fruit Juice Baby Carrots</p> |
| <p>USDA is an equal opportunity provider & employer. Menus are subject to change.</p>  | <p>22 Corndog On A Stick Celery Sticks 100% Fruit Juice Baby Carrots</p> | <p>23 Chicken Tenders w/ Dipping Sauce & WG Roll Corn Diced Pears Baby Carrots</p> | <p>24 Thanksgiving</p> | <p>25 Thanksgiving</p> | <p>26 Thanksgiving</p> |
| | <p>29 Bosco Pepperoni Stick Celery Sticks Mixed Fruit Baby Carrots Ranch Cup</p> | <p>30 Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Orange Baby Carrots</p> | <p>12/1 Nachos w/Turkey Taco Meat & Cheese Side Salad w/Ranch Cup 100% Fruit Juice Baby Carrots</p> | <p>12/2 ½ Combo Sandwich w/Cheez-Its Edamame Fresh Grapes Baby Carrots</p> | <p>12/3 French Toast Stix Cucumbers Applesauce Baby Carrots</p> |

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