

MESA ARTS ACADEMY DECEMBER 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>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>1 WG Apple Muffin Peaches</p> | <p>2 WG Bagel & Cream Cheese Schoolboy Apple</p> | <p>3 Cereal & String Cheese Oranges</p> |
| | <p>6 Strawberry Nutri-Grain Cereal Bar & Cheese Cubes Fresh Pears</p> | <p>7 French Toast Breakfast Bar Schoolboy Apple</p> | <p>8 WG Bagel & Cream Cheese Mixed Fruit</p> | <p>9 WG Maple Waffle Banana</p> | <p>10 Cereal & String Cheese Oranges</p> |
| | <p>13 WG Chocolate Chip Muffin Fresh Pears</p> | <p>14 Mini Pancakes Schoolboy Apple</p> | <p>15 Apple Cinnamon Cereal Bar Peaches</p> | <p>16 WG Honey Wheat Breakfast Bar Schoolboy Apple</p> | <p>17 Cereal & String Cheese Oranges</p> |
| | <p>20 Winter Break</p> | <p>21 Winter Break</p> | <p>22 Winter Break</p> | <p>23 Winter Break</p> | <p>24 Winter Break</p> |
| | <p>27 Winter Break</p> | <p>28 Winter Break</p> | <p>29 Winter Break</p> | <p>30 Winter Break</p> | <p>31 Winter Break</p> |

Locally grown seasonal fruits and veggies will also be served based on availability

USDA is an equal opportunity provider & employer. Menus are subject to change.



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MESA ARTS ACADEMY DECEMBER MENU LUNCH 2021/22

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| | <p>6 Cheesy Pull Apart Baked Beans Orange Baby Carrots</p> | <p>7 Chicken Patty Sandwich/Spicy Chicken Sandwich Corn 100% Fruit Juice Baby Carrots</p> | <p>8 Macaroni & Cheese Fresh Broccoli Schoolboy Apple Baby Carrots</p> | <p>9 Hotdog Celery Mixed Fruit Baby Carrots</p> | <p>10 Tony's Pizza Cucumbers 100% Fruit Juice Baby Carrots</p> |
| | <p>13 Bosco Pepperoni Stick Fresh Broccoli Mixed Fruit Baby Carrots Ranch Cup</p> | <p>14 Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Diced Pears Baby Carrots</p> | <p>15 Bean & Cheese Burrito Cucumber Slices 100% Fruit Juice Baby Carrots</p> | <p>16 Orange Chicken & Rice Green Beans Banana Baby Carrots</p> | <p>17 Nachos w/Turkey Taco Meat & Cheese Refried Beans Diced Peaches Baby Carrots</p> |
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