

MESA ARTS ACADEMY FEBRUARY MENU 2022/23

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, ½ cup carrots, additional ½ cup vegetable and choice of 1% White or FF Flavored Milk</p> <p>Daily Vegetarian Options: Bean Burrito Peanut Butter & Jelly Uncrustable</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>Apple Cinnamon Breakfast Bar Peaches LUNCH: Bean & Cheese Burrito Cucumber Slices 100% Fruit Juice Baby Carrots</p>	<p>2</p> <p>WG Honey Wheat Breakfast Bar Schoolboy Apple LUNCH: Cheeseburger Sliders Green Beans Banana Baby Carrots</p>	<p>3</p> <p>Cereal & String Cheese Oranges LUNCH: Nachos w/Turkey Taco Meat & Cheese Refried Beans Diced Peaches Baby Carrots</p>
	<p>6</p> <p>Oatmeal Chocolate Chip Breakfast Bar Fresh Pears LUNCH: Bean & Cheese Burrito Fresh Broccoli Diced Peaches Baby Carrots Ranch Cup</p>	<p>7</p> <p>WG Blueberry Muffin Schoolboy Apple LUNCH: Breakfast Sandwich Celery 100% Fruit Juice Baby Carrots</p>	<p>8</p> <p>Apple Cinnamon Nutri-Grain Cereal Bar & Cheese Cubes Peaches LUNCH: Beef Taco Stick Cucumber Slices Diced Pears Baby Carrots</p>	<p>9</p> <p>Cherry Frudel Schoolboy Apple LUNCH: Cheeseburger Baked Beans Orange Baby Carrots</p>	<p>10</p> <p>Cereal & String Cheese Oranges LUNCH: Chicken Drumstick w/ WG Roll Oven Baked Potatoes 100% Fruit Juice Baby Carrots</p>
	<p>13</p> <p>Mini Cinni Rolls Fresh Pears LUNCH: Corn dog On A Stick Celery Sticks 100% Fruit Juice Baby Carrots</p>	<p>14</p> <p>Bagel & Strawberry Cream Cheese Schoolboy Apple LUNCH: Chicken Tenders w/ Dipping Sauce & WG Roll Corn Diced Pears Baby Carrots</p>	<p>15</p> <p>WG Mini Maple Pancakes Mixed Fruit LUNCH: ½ Turkey Sandwich w/Goldfish Pretzels Side Salad w/Ranch Cup Schoolboy Apple Baby Carrots</p>	<p>16</p> <p>WG Banana Muffin Banana LUNCH: Chicken & Cheese Quesadilla Refried Beans Mixed Fruit Baby Carrots</p>	<p>17</p> <p>Cereal & String Cheese Oranges LUNCH: Meatball Sub Cucumber Slices 100% Fruit Juice Baby Carrots</p>
	<p>20</p> <p>President's Day</p>	<p>21</p> <p>Apple Frudel Schoolboy Apple LUNCH: Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Orange Baby Carrots</p>	<p>22</p> <p>WG Apple Muffin Peaches LUNCH: Beef Taco Stick Side Salad w/Ranch Cup 100% Fruit Juice Baby Carrots</p>	<p>23</p> <p>WG Bagel & Cream Cheese Schoolboy Apple LUNCH: ½ Combo Sandwich w/Cheez-Its Edamame Fresh Grapes Baby Carrots</p>	<p>24</p> <p>Cereal & String Cheese Oranges LUNCH: French Toast Stix Cucumbers Applesauce Baby Carrots</p>
	<p>27</p> <p>Strawberry Nutri-Grain Cereal Bar & Cheese Cubes Fresh Pears LUNCH: Cheesy Pull Apart Baked Beans Orange Baby Carrots</p>	<p>28</p> <p>French Toast Breakfast Bar Schoolboy Apple LUNCH: Chicken Patty Sandwich/Spicy Chicken Sandwich Corn 100% Fruit Juice Baby Carrots</p>			



This institution is an Equal Opportunity Provider.

