


MESA ARTS ACADEMY MARCH MENU 2022/23

1% WHITE OR FAT FREE FLAVORED MILK OFFERED DAILY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Includes: Entrée, fruit, 100% Fruit Juice and choice of 1% white or fat free flavored milk Lunch includes: Entrée, fruit, ½ cup carrots, additional ½ cup vegetable and choice of 1% White or FF Flavored Milk Daily Vegetarian Options: Bean Burrito Peanut Butter & Jelly Uncrustable SUSU serves whole grain bread and pasta and reduced fat, reduced sodium items where available. Items are baked, never fried. Menu subject to change based on availability Locally grown seasonal fruits and veggies will also be served based on availability			1 WG Bagel & Cream Cheese Mixed Fruit LUNCH: Macaroni & Cheese Fresh Broccoli Schoolboy Apple Baby Carrots	2 WG Maple Waffle Oranges LUNCH: Hotdog Celery Mixed Fruit Baby Carrots	3 Cereal & String Cheese Banana LUNCH: Tony's Pizza Cucumbers 100% Fruit Juice Baby Carrots
	6 WG Chocolate Chip Muffin Fresh Pears LUNCH: Bosco Cheese Stick Fresh Broccoli Mixed Fruit Baby Carrots Ranch Cup	7 Mini Pancakes Schoolboy Apple LUNCH: Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Diced Pears Baby Carrots	8 Apple Cinnamon Breakfast Bar Peaches LUNCH: Bean & Cheese Burrito Cucumber Slices 100% Fruit Juice Baby Carrots	9 WG Honey Wheat Breakfast Bar Schoolboy Apple LUNCH: Cheeseburger Sliders Green Beans Banana Baby Carrots	10 Cereal & String Cheese Oranges LUNCH: Nachos w/Turkey Taco Meat & Cheese Refried Beans Diced Peaches Baby Carrots
	13 Spring Break	14 Spring Break	15 Spring Break	16 Spring Break	17 Spring Break
USDA is an equal opportunity provider & employer. Menus are subject to change. 	20 Mini Cinni Rolls Fresh Pears LUNCH: Chicken Corndog On A Stick Celery Sticks 100% Fruit Juice Baby Carrots	21 Bagel & Strawberry Cream Cheese Schoolboy Apple LUNCH: Chicken Tenders w/ Dipping Sauce & WG Roll Corn Diced Pears Baby Carrots	22 WG Mini Maple Pancakes Mixed Fruit LUNCH: ½ Turkey Sandwich w/Goldfish Pretzels Side Salad w/Ranch Cup Schoolboy Apple Baby Carrots	23 WG Banana Muffin Oranges LUNCH: Chicken & Cheese Quesadilla Refried Beans Mixed Fruit Baby Carrots	24 Cereal & String Cheese Banana LUNCH: Meatball Sub Cucumber Slices 100% Fruit Juice Baby Carrots
	27 Banana Chocolate Chunk Cereal Bar Fresh Pears LUNCH: Bosco Cheese Stick Celery Sticks Mixed Fruit Baby Carrots Ranch Cup	28 Apple Frudel Schoolboy Apple LUNCH: Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Orange Baby Carrots	29 WG Apple Muffin Peaches LUNCH: Beef Taco Stick Side Salad w/Ranch Cup 100% Fruit Juice Baby Carrots	30 WG Bagel & Cream Cheese Schoolboy Apple LUNCH: ½ Combo Sandwich w/Cheez-Its Edamame Fresh Grapes Baby Carrots	31 Cereal & String Cheese Oranges LUNCH: French Toast Stix Cucumbers Applesauce Baby Carrots

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