



Mesa Academy

September 2021
Breakfast & Lunch Menu



PB & J Uncrustable and Hummus Plate Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		<p>Breakfast Mini Maple Sausage Pancake Wraps Fresh Banana</p> <p>Lunch Special Cheesy Pull-Aparts Offered Weekly Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries</p> <p>Sides Fresh Cucumber Slices Mixed Fruit</p>	<p>Breakfast Cinnamon Toast Bar Fresh Pear</p> <p>Lunch Special Baked Chicken & Waffles Offered Weekly Cheeseburger Fresh-Baked Pizza</p> <p>Sides Paradise Punch Fresh Apple Slices</p>	<p>Breakfast Blueberry Muffin Top Apple Juice</p> <p>Lunch Special Cheeseburger Mac & a Garlic Knot Offered Weekly Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries</p> <p>Sides Buttery Corn Fresh Seasonal Fruit</p>
6	7	8	9	10
	<p>Breakfast Mini Confetti Pancakes Applesauce</p> <p>Lunch Special Cheese Quesadilla with Green Chile Offered Weekly Mini Corn Dogs Fresh-Baked Pizza</p> <p>Sides Steamed Broccoli Orange Pineapple Frozen Fruit Cup</p>	<p>Breakfast French Toast Sticks Fresh Banana</p> <p>Lunch Special Rolled Chicken Tacos Offered Weekly Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries</p> <p>Sides Pinto Beans w/ Green Chiles Fresh Orange Smiles</p>	<p>Breakfast Turkey Ham & Cheese Sandwich Fresh Pear</p> <p>Lunch Special Chicken Nuggets & Animal Crackers Offered Weekly Cheeseburger Fresh-Baked Pizza</p> <p>Sides Tater Tots Fresh Apple Slices</p>	<p>Breakfast Cinnamon Mini Bagels Fruit Punch</p> <p>Lunch Special HM Spaghetti with Cheese Sticks Offered Weekly Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries</p> <p>Sides Green Beans Fresh Seasonal Fruit</p>
13	14	15	16	17
<p>Breakfast Honey Bun Diced Pears</p> <p>Lunch Special Popcorn Chicken & Graham Crackers Offered Weekly Spicy Chicken Sandwich & Curly Fries Stuffed-crust Pepperoni Pizza</p> <p>Sides Buttery Corn Pineapple</p>	<p>Breakfast Maple Pancake Sausage Sandwich Fresh Apple Slices</p> <p>Lunch Special Sweet & Sour Chicken w/ Brown Rice Offered Weekly Mini Corn Dogs Fresh-Baked Pizza</p> <p>Sides Fresh Cauliflower Bites Watermelon Frozen Fruit Cup</p>	<p>Breakfast Cinnamon Roll Fresh Banana</p> <p>Lunch Special Pepperoni Calzone Offered Weekly Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries</p> <p>Sides Black Beans Tropical Fruit</p>	<p>Breakfast Strawberry Pocket Fresh Pear</p> <p>Lunch Special B4L! Dutch Waffle w/ Turkey Sausage Offered Weekly Cheeseburger Fresh-Baked Pizza</p> <p>Sides Paradise Punch Fresh Apple Slices</p>	<p>Breakfast Zucchini Bread Strawberry Kiwi Juice</p> <p>Lunch Special Chicken Strips & Macaroni & Cheese Offered Weekly Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries</p> <p>Sides Steamed Broccoli Fresh Seasonal Fruit</p>
20	21	22	23	24
<p>Breakfast Strawberry Pop Tart & String Cheese Applesauce</p> <p>Lunch Special Deli Combo Sandwich & Cheez-Its Offered Weekly Spicy Chicken Sandwich & Curly Fries Cheese Pizza</p> <p>Sides Glazed Carrots Pineapple</p>	<p>Breakfast Mini Maple Pancakes Fresh Apple Slices</p> <p>Lunch Special Orange Chicken with Brown Rice Offered Weekly Mini Corn Dogs Fresh-Baked Pizza</p> <p>Sides Fresh Cucumber Slices Wild Cherry Frozen Fruit Cup</p>	<p>Breakfast Turkey Ham & Cheese Sandwich Fresh Banana</p> <p>Lunch Special Rotini w/ Meat Sauce & Crackers Offered Weekly Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries</p> <p>Sides Fresh Broccoli Tropical Fruit</p>	<p>Breakfast Cheese Omelet & Graham Crackers Fresh Pear</p> <p>Lunch Special Fresh Fruit & Yogurt Plate Offered Weekly Cheeseburger Fresh-Baked Pizza</p> <p>Sides Fresh Jicama Sticks Fresh Seasonal Fruit</p>	<p>Breakfast Banana Square Grape Juice</p> <p>Lunch Special Rib a Que Sandwich Offered Weekly Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries</p> <p>Sides Baked Beans Fresh Seasonal Fruit</p>
27	28	29	30	1
<p>Breakfast Mini Cinnis Diced Peaches</p> <p>Lunch Special Popcorn Chicken & Graham Crackers Offered Weekly Spicy Chicken Sandwich & Curly Fries Pepperoni Pizza</p> <p>Sides Garbanzo Beans Pineapple</p>	<p>Breakfast Rolled Breakfast Taco Fresh Apple Slices</p> <p>Lunch Special Teriyaki Chicken with Brown Rice Offered Weekly Mini Corn Dogs Fresh-Baked Pizza</p> <p>Sides Steamed Broccoli Orange Pineapple Frozen Fruit Cup</p>	<p>Breakfast Mini Maple Sausage Pancake Wraps Fresh Banana</p> <p>Lunch Special Cheesy Pull-Aparts Offered Weekly Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries</p> <p>Sides Fresh Cucumber Slices Mixed Fruit</p>	<p>Breakfast Cinnamon Toast Crunch Bar Fresh Pear</p> <p>Lunch Special Baked Chicken & Waffles Offered Weekly Cheeseburger Fresh-Baked Pizza</p> <p>Sides Paradise Punch Fresh Apple Slices</p>	

This institution is an equal opportunity provider.

Fat-free chocolate, 1% white, and skim white milk available.

Menu subject to change.