



# Mesa Academy

October 2021  
Breakfast & Lunch Menu

PB & J Uncrustable and Hummus Plate Available Daily



Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
				<b>Breakfast</b> Blueberry Muffin Top Apple Juice  <b>Lunch Special</b> Grilled Cheese Sandwich <b>Offered Weekly</b> Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries  <b>Sides</b> Buttery Corn Fresh Seasonal Fruit
<b>4</b> No School-Fall Break	<b>5</b> No School-Fall Break	<b>6</b> No School-Fall Break	<b>7</b> No School-Fall Break	<b>8</b> No School-Fall Break
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Breakfast</b> Strawberry Pop Tart & String Cheese Applesauce  <b>Lunch Special</b> Grilled Cheese Sandwich <b>Offered Weekly</b> Spicy Chicken Sandwich & Curly Fries Personal Pan Cheese Pizza  <b>Sides</b> Glazed Carrots Mixed Fruit	<b>Breakfast</b> Honey Bun Fresh Apple Slices  <b>Lunch Special</b> Orange Chicken with Brown Rice <b>Offered Weekly</b> Mini Corn Dogs Fresh-Baked Pizza  <b>Sides</b> Fresh Broccoli Bites Strawberry Pomegranate Fruit Cup	<b>Breakfast</b> French Toast Sticks Fresh Banana  <b>Lunch Special</b> Rolled Chicken Tacos <b>Offered Weekly</b> Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries  <b>Sides</b> Pinto Beans with Green Chiles Fresh Orange Smiles	<b>Breakfast</b> Turkey Ham & Cheese Sandwich Fresh Orange Smiles  <b>Lunch Special</b> Chicken Nuggets with Animal Crackers <b>Offered Weekly</b> Cheeseburger Fresh-Baked Pizza  <b>Sides</b> Tater Tots Fresh Apple Slices	<b>Breakfast</b> Cinnamon Mini Bagels Fruit Punch  <b>Lunch Special</b> HM Spaghetti with Cheese Sticks <b>Offered Weekly</b> Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries  <b>Sides</b> Green Beans Fresh Seasonal Fruit
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Breakfast</b> Honey Bun Diced Pears  <b>Lunch Special</b> Popcorn Chicken w/ Graham Crackers <b>Offered Weekly</b> Spicy Chicken Sandwich & Curly Fries Stuffed Crust Pepperoni Pizza  <b>Sides</b> Buttery Corn Mixed Fruit	<b>Breakfast</b> Chicken Sausage Pancake Sandwich Fresh Apple Slices  <b>Lunch Special</b> Sweet & Sour Chicken w/ Brown Rice <b>Offered Weekly</b> Mini Corn Dogs Fresh-Baked Pizza  <b>Sides</b> Cauliflower Bites Watermelon Frozen Fruit Cup	<b>Breakfast</b> Cheese Omelet & Graham Crackers Fresh Banana  <b>Lunch Special</b> Pepperoni Calzone <b>Offered Weekly</b> Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries  <b>Sides</b> Black Beans Tropical Fruit	<b>Breakfast</b> Strawberry Pocket Fresh Orange Smiles  <b>Brunch for Lunch!</b> Dutch Waffle & Turkey Sausage <b>Offered Weekly</b> Cheeseburger Fresh-Baked Pizza  <b>Sides</b> Paradise Punch Fresh Apple Slices	<b>Breakfast</b> Zucchini Bread Strawberry Kiwi Juice  <b>Lunch Special</b> Chicken Tenders w/ Mac & Cheese <b>Offered Weekly</b> Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries  <b>Sides</b> Steamed Broccoli Fresh Seasonal Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Breakfast</b> Strawberry Pop Tart & String Cheese Applesauce  <b>Lunch Special</b> Deli Combo Sandwich w/ Cheez-Its <b>Offered Weekly</b> Spicy Chicken Sandwich & Curly Fries Cheese Pizza  <b>Sides</b> Glazed Carrots Mixed Fruit	<b>Breakfast</b> Pumpkin Bread Fresh Apple Slices  <b>Lunch Special</b> Orange Chicken with Brown Rice <b>Offered Weekly</b> Mini Corn Dogs Fresh-Baked Pizza  <b>Sides</b> Cucumber Slices Wild Cherry Frozen Fruit Cup	<b>Breakfast</b> Turkey Ham & Cheese Sandwich Fresh Banana  <b>Lunch Special</b> Rotini with Meat Sauce <b>Offered Weekly</b> Crispy Chicken Sandwich Nashville Hot Chicken Tenders, Cornbread Star & Curly Fries  <b>Sides</b> Broccoli Bites Tropical Fruit	<b>Breakfast</b> Cheese Omelet & Graham Crackers Fresh Orange Smiles  <b>Lunch Special</b> Fruit and Yogurt Plate <b>Offered Weekly</b> Cheeseburger Fresh-Baked Pizza  <b>Sides</b> Jicama Sticks Fresh Seasonal Fruit	<b>Breakfast</b> Banana Square Grape Juice  <b>Lunch Special</b> Rib a 'Que Sandwich <b>Offered Weekly</b> Bean & Cheese Burrito Spicy Chicken Sandwich & Curly Fries  <b>Sides</b> Baked Beans Fresh Seasonal Fruit

This institution is an equal opportunity provider.

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

Menu subject to change.