



## Mesa Union School Cafeteria

Nutrition for stronger and healthier students and staff!

Mesa School, along with the State of California, is promoting the importance of breakfast. Studies prove our minds work better when we have breakfast. Test scores are higher when students eat breakfast every day and attendance is more consistent.

We are working very hard to make sure everyone has breakfast. We offer a healthy and delicious breakfast before school and during all morning recesses daily. Our breakfasts consist of all whole grains, proteins, fruit, and milk. Please look at our breakfast menu to see our daily selection. Menus are available in Mesa Matters and on our school website. Thank you 😊

Please let me know if you have any questions or concerns.

Debbie Sussex (805)485-1411 x226

Child Nutrition Services, [dsussex@mesaschool.org](mailto:dsussex@mesaschool.org)

This institution is an equal opportunity provider.