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# Thunderbolt Middle School Breakfast Menu

Fresh Vegetable Choices and Seasonal Fruit  
are Offered Daily on the Fruit & Vegetable Bar

August  
2019

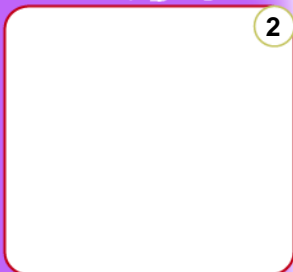
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**5**

Pancake on a Stick

WG Bagel & Cream Cheese

Choice of Cereal  
Graham Crackers  
Vegetable Selection  
Fresh Fruit Bar

**6**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**7**

Breakfast Pizza

Graham Crackers

Vegetable Selection  
Fresh Fruit

**8**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**9**

French Toast Sticks

Choice of Cereal

Vegetable Selection  
Graham Crackers  
Fresh Fruit

**12**

Pancake on a Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**13**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Apple Juice  
Vegetable Selection

**14**

Breakfast Pizza

Choice of Cereal  
Graham Crackers

Fresh Fruit  
Vegetable Selection

**15**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**16**

French Toast Sticks

Choice of Cereal  
Graham Crackers

Fresh Fruit  
Vegetable Selection

**19**

Pancake on a Stick

WG Bagel & Cream Cheese

Choice of Cereal  
Graham Crackers  
Vegetable Selection  
Fresh Fruit Bar

**20**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**21**

Breakfast Pizza

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**22**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**23**

French Toast Sticks

Choice of Cereal

Vegetable Selection  
Graham Crackers  
Fresh Fruit

**26**

Pancake on a Stick

WG Bagel & Cream Cheese

Choice of Cereal  
Graham Crackers  
Vegetable Selection  
Fresh Fruit Bar

**27**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**28**

Breakfast Pizza

Graham Crackers

Vegetable Selection  
Fresh Fruit

**29**

WG Iced Donut

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**30**

French Toast Sticks

Choice of Cereal

Vegetable Selection  
Graham Crackers  
Fresh Fruit

**Prices**

|                   |        |
|-------------------|--------|
| Lunch             | \$2.75 |
| Reduced Lunch     | \$0.40 |
| Breakfast         | \$1.25 |
| Reduced Breakfast | \$0.30 |
| Adult Lunch       | \$3.75 |



**EXTRA INFO**

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.

For questions or comments, contact the FSD Christopher Gallaga [taher.foodservice@lhUSD.org](mailto:taher.foodservice@lhUSD.org)

