





# Elementary School Breakfast Menu

September  
2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p><b>3</b></p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p><b>4</b></p> <p>Assorted WG Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>5</b></p> <p>Ham &amp; Cheese on a Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p><b>6</b></p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit</p>
<p><b>9</b></p> <p>Pancakes Syrup Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>10</b></p> <p>WG Iced Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p><b>11</b></p> <p>Warm Apple Churro Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>12</b></p> <p>Yogurt Parfait with Fruit &amp; Granola</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p><b>13</b></p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>16</b></p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>17</b></p> <p>Warm French Toast Syrup Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p><b>18</b></p> <p>Assorted WG Muffin Celery Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>19</b></p> <p>Ham &amp; Cheese on a Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p><b>20</b></p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>23</b></p> <p>Pancakes Syrup Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>24</b></p> <p>WG Ice Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p><b>25</b></p> <p>Warm Apple Churro Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>26</b></p> <p>Yogurt Parfait with Fruit &amp; Granola</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p><b>27</b></p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>30</b></p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>				 <p>Choose <b>MyPlate</b>.gov</p>

**PRICES**

Regular	\$1.25
Reduced	\$0.30
Adult	\$1.50
Bottled Water	\$0.75
Extra Milk	\$0.50

**EXTRA INFO**

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch. PB&J or Yogurt Pack are available every day. For questions or comments, contact the FSD Christopher Gallaga: [taher.foodservice@lhUSD.org](mailto:taher.foodservice@lhUSD.org) 928-854-5411

**HARVEST OF**



**THE MONTH**

Your **MENUS** plus more information on our app **TaHer Food4Life®**



[www.taHer.com](http://www.taHer.com)