



Elementary School Breakfast Menu

October
2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ChooseMyPlate.gov</p>	<p>1</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>2</p> <p>Assorted WG Muffin Celery Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>3</p> <p>Ham & Cheese on a Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>4 Parent Conferences</p>
<p>7 Fall Break</p>	<p>8 Fall Break</p>	<p>9 Fall Break</p>	<p>10 Fall Break</p>	<p>11 Fall Break</p>
<p>14</p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>15</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>16</p> <p>Assorted WG Muffin Celery Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>17</p> <p>Ham & Cheese on a Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>18</p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>21</p> <p>Pancakes Syrup Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>22</p> <p>WG Iced Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>23</p> <p>Warm Apple Churro Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>24</p> <p>Yogurt Parfait with Fruit & Granola</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>25</p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>28</p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>29</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>30</p> <p>Assorted WG Muffin Celery Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>31</p> <p>Ham & Cheese on a Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</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 928-854-5411



Your MENUS plus more information on our app
TaHer Food4Life®

www.taHer.com