





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

PRICES	Regular	\$0.00	EXTRA INFO
	Reduced	\$0.00	
	Adult	\$1.50	
	Bottled Water	\$0.75	
	Extra Milk	\$0.50	

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

HARVEST OF THE MONTH



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

