



# 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><b>1</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>2</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>3</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>4</b> Parent Conferences</p>
<p><b>7</b> Fall Break</p>	<p><b>8</b> Fall Break</p>	<p><b>9</b> Fall Break</p>	<p><b>10</b> Fall Break</p>	<p><b>11</b> Fall Break</p>
<p><b>14</b></p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>15</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>16</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>17</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>18</b></p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>21</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>22</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>23</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>24</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>25</b></p> <p>Glazed WG Dount</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p><b>28</b></p> <p>UBR Breakfast Round</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p><b>29</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>30</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>31</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>	

<b>PRICES</b>	Regular	\$0.00
	Reduced	\$0.00
	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



Your MENUS plus more information on our app  
TaHer Food4Life®

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