



Lake Havasu High School Breakfast Menu

September
2019

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage Cheese Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	3 Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	4 Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	5 Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	6 Breakfast Burrito Ham & Cheese on a Bagel Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit
9 Sausage Cheese Bagel or Mini Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	10 Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	11 Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	12 Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	13 Ham & Cheese on a Bagel Breakfast Burrito Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit
16 Sausage Cheese Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	17 Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	18 Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	19 Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	20 Breakfast Burrito Ham & Cheese on a Bagel Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit
23 Sausage Cheese Bagel or Mini Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	24 Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	25 Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	26 Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	27 Ham & Cheese on a Bagel Breakfast Burrito Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit
30				<p>Choose MyPlate.gov</p>

PRICES	Regular Lunch	\$2.75
	Reduced Lunch	\$0.40
	Regular Breakfast	\$1.25
	Reduced Breakfast	\$0.30
	Adult	\$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 928-854-5411



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