



# Lake Havasu High 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>	<b>1</b> Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	<b>2</b> Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>3</b> Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	<b>4</b> Parent Conferences
	<b>7</b> Fall Break	<b>8</b> Fall Break	<b>9</b> Fall Break	<b>10</b> Fall Break
<b>14</b> Sausage Cheese Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>15</b> Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	<b>16</b> Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>17</b> Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	<b>18</b> Breakfast Burrito Ham & Cheese on a Bagel Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit
<b>21</b> Sausage Cheese Bagel or Mini Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>22</b> Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	<b>23</b> Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>24</b> Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	<b>25</b> Ham & Cheese on a Bagel Breakfast Burrito Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit
<b>28</b> Sausage Cheese Bagel French Toast Sticks Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>29</b> Iced Donut Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	<b>30</b> Ham Flatbread Breakfast Bake Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	<b>31</b> Breakfast Bowl Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	

<b>PRICES</b>	Regular Lunch	\$2.75
	Reduced Lunch	\$0.40
	Regular Breakfast	\$1.25
	Reduced Breakfast	\$0.30
	Adult	\$3.75
	<b>EXTRA INFO</b>	

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



Your MENUS plus more information on our app  
TaHer Food4Life®