





Thunderbolt Middle 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 Labor Day	3 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	4 Breakfast Pizza Graham Crackers Vegetable Selection Fresh Fruit	5 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	6 French Toast Sticks Choice of Cereal Vegetable Selection Graham Crackers Fresh Fruit
9 Pancake on a Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	10 WG Iced Donut Choice of Cereal Graham Crackers Apple Juice Vegetable Selection	11 Breakfast Pizza Choice of Cereal Graham Crackers Fresh Fruit Vegetable Selection	12 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	13 French Toast Sticks Choice of Cereal Graham Crackers Fresh Fruit Vegetable Selection
16 Pancake on a Stick WG Bagel & Cream Cheese Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit Bar	17 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	18 Breakfast Pizza Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit	19 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	20 French Toast Sticks Choice of Cereal Vegetable Selection Graham Crackers Fresh Fruit
23 Pancake on a Stick WG Bagel & Cream Cheese Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit Bar	24 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Apple Juice	25 Breakfast Pizza Graham Crackers Vegetable Selection Fresh Fruit	26 WG Iced Donut Choice of Cereal Graham Crackers Vegetable Selection Orange Juice	27 French Toast Sticks Choice of Cereal Vegetable Selection Graham Crackers Fresh Fruit
30				 <p>Choose MyPlate.gov</p>

PRICES	EXTRA INFO
Lunch	\$2.75
Reduced Lunch	\$.40
Breakfast	\$1.25
Reduced Breakfast	\$0.30
Adult Lunch	\$3.75

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



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