



Thunderbolt Middle 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>Choose MyPlate.gov</p>	<p>1</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice</p>	<p>2</p> <p>Breakfast Pizza</p> <p>Graham Crackers</p> <p>Vegetable Selection Fresh Fruit</p>	<p>3</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice</p>	<p>4 Parent Conferences</p>
<p>7 Fall Break</p>	<p>8 Fall Break</p>	<p>9 Fall Break</p>	<p>10 Fall Break</p>	<p>11 Fall Break</p>
<p>14</p> <p>Pancake on a Stick</p> <p>WG Bagel & Cream Cheese</p> <p>Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit Bar</p>	<p>15</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice</p>	<p>16</p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit</p>	<p>17</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice</p>	<p>18</p> <p>French Toast Sticks</p> <p>Choice of Cereal</p> <p>Vegetable Selection Graham Crackers Fresh Fruit</p>
<p>21</p> <p>Pancake on a Stick</p> <p>WG Bagel & Cream Cheese</p> <p>Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit Bar</p>	<p>22</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice</p>	<p>23</p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit</p>	<p>24</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice</p>	<p>25</p> <p>French Toast Sticks</p> <p>Choice of Cereal</p> <p>Vegetable Selection Graham Crackers Fresh Fruit</p>
<p>28</p> <p>Pancake on a Stick</p> <p>WG Bagel & Cream Cheese</p> <p>Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit Bar</p>	<p>29</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice</p>	<p>30</p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit</p>	<p>31</p> <p>WG Iced Donut</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice</p>	

PRICES	Lunch	\$2.75
	Reduced Lunch	\$0.40
	Breakfast	\$1.25
	Reduced Breakfast	\$0.30
	Adult Lunch	\$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



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

www.taher.com