





Thunderbolt Middle School Sandwich and Salad Menu

February
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>PB & J Sandwich Ham Munchable Turkey BLT Salad</p>	<p>4</p> <p>PB & J Sandwich Turkey BLT Wrap Garden Vegetable Salad</p>	<p>5</p> <p>PB & J Sandwich Italian Sub Chef Salad</p>	<p>6</p> <p>PB & J Sandwich Chicken Caesar Wrap Chicken Salad</p>	<p>7</p> <p>PB & J Sandwich Cold Cut Combo Sub Chicken Caesar Salad</p>
<p>10</p> <p>PB & J Sandwich Tuna Sliders Chicken Caesar Salad</p>	<p>11</p> <p>PB & J Sandwich Cold Cut Combo Sub Chicken Salad</p>	<p>12</p> <p>PB & J Sandwich Ham Munchable Taco Salad</p>	<p>13</p> <p>PB & J Sandwich Spicy Sub Crispy Chicken Salad</p>	<p>14</p> <p>PB & J Sandwich Turkey BLT Sub Chicken Caesar Salad</p>
<p>17</p> <p>"Sleep late, save time, every morning with BREAKFAST in school!"</p>	<p>18</p> <p>PB & J Sandwich Tuna Sliders Southwest Chicken Salad</p>	<p>19</p> <p>PB & J Sandwich Italian Sub Chef Salad</p>	<p>20</p> <p>PB & J Sandwich Crispy Chicken Sub Garden Vegetable Salad</p>	<p>21</p> <p>PB & J Sandwich Cold Cut Combo Sub Chicken Caesar Salad</p>
<p>24</p> <p>PB & J Sandwich Ham Deli Sub Sandwich Chef Salad</p>	<p>25</p> <p>PB & J Sandwich Cold Cut Combo Sub Chicken Salad</p>	<p>26</p> <p>PB & J Sandwich Ham Munchable Turkey BLT Salad</p>	<p>27</p> <p>PB & J Sandwich Italian Sub Taco Salad</p>	<p>28</p> <p>PB & J Sandwich Turkey BLT Wrap Chicken Caesar Salad</p>
				 <p>Choose MyPlate.gov</p>

INFORMATION

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

HARVEST OF



THE MONTH

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



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