



Thunderbolt Middle School Sandwich and Salad 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>	1 PB&J Sandwich Ham Deli Sub Sandwich Chef Salad	2 PB&J Sandwich Turkey BLT Sandwich Taco Salad	3 PB&J Sandwich Cold Cut Combo Sub Turkey BLT Salad	4 Parent Conferences
	7 Fall Break	8 Fall Break	9 Fall Break	10 Fall Break
14 PB&J Sandwich Ham Munchable Turkey BLT Salad	15 PB&J Sandwich Ham Deli Sub Sandwich Turkey BLT Salad	16 PB&J Sandwich Italian Sub Chef Salad	17 PB&J Sandwich Turkey BLT Sandwich Chicken Salad	18 PB&J Sandwich Cold Cut Combo Sub Chicken Caesar Salad
21 PB&J Sandwich Ham Deli Sub Sandwich Chef Salad	22 PB&J Sandwich Cold Cut Combo Sub Chicken Salad	23 PB&J Sandwich Ham Munchable Taco Salad	24 PB&J Sandwich Spicy Sub Turkey BLT Salad	25 PB&J Sandwich Turkey BLT Sub Chicken Caesar Salad
28 PB&J Sandwich Spicy Sub Taco Salad	29 PB&J Sandwich Ham Munchable Chicken Caesar Salad	30 PB&J Sandwich Ham Deli Sub Sandwich Turkey BLT Salad	31 PB&J Sandwich Cold Cut Combo Sub Chef Salad	

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®