



Thunderbolt Middle School Sandwich and Salad 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 PB&J Sandwich Italian Sub Tuna Salad Sliders	4 PB&J Sandwich Crispy Chicken Sub Turkey BLT Salad	5 PB&J Sandwich Combo Deli Sub Chef Salad	6 PB&J Sandwich Turkey Deli Sub Crispy Chicken Salad
9 PB&J Sandwich Combo Deli Sub Garden Vegetable Salad	10 PB&J Sandwich Spicy Chicken Sub Chef Salad	11 PB&J Sandwich Turkey Deli Sub Chicken Taco Salad	12 PB&J Sandwich Ham Deli Sub Sandwich Tuna Salad Sliders	13 PB&J Sandwich Munchable Crispy Chicken Salad
16 PB&J Sandwich Ham Deli Sub Sandwich Turkey BLT Salad	17 PB&J Sandwich Munchable Crispy Chicken Salad	18 PB&J Sandwich Italian Sub Chef Salad	19 PB&J Sandwich Spicy Chicken Sub Beef Taco Salad	20 PB&J Sandwich Turkey Deli Sub Chef Salad
23 PB&J Sandwich Munchable Chicken Caesar Salad	24 PB&J Sandwich Combo Deli Sub Turkey BLT Salad	25 PB&J Sandwich Crispy Chicken Sub Chicken Caesar Salad	26 PB&J Sandwich Ham Deli Sandwich Chef Salad	27 PB&J Sandwich Spicy Chicken Sub Chicken Taco Salad
30				 <p>Choose MyPlate.gov</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

HARVEST OF THE MONTH



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

