





# LHUSD Breakfast Menu

August  
2020

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

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| <p><b>3</b></p> <p>Strawberry Pop-Tart<br/>Cheese Stick</p> <p>Fresh Fruit</p>  | <p><b>4</b></p> <p>Cereal Bowl<br/>Cheese Stick</p> <p>Fruit Cup</p>      | <p><b>5</b></p> <p>Mini Donut<br/>Cheese Stick</p> <p>Fresh Fruit</p>   | <p><b>6</b></p> <p>Apple Frudel<br/>Cheese Stick</p> <p>Fruit Cup</p>                 | <p><b>7</b></p> <p>Muffin<br/>Cheese Stick</p> <p>Fresh Fruit</p>  |
| <p><b>10</b></p> <p>Mini Eggo Waffles<br/>Cheese Stick</p> <p>Fruit Cup</p>     | <p><b>11</b></p> <p>Cinnamon Roll<br/>Cheese Stick</p> <p>Fresh Fruit</p> | <p><b>12</b></p> <p>Mini Pancakes<br/>Cheese Stick</p> <p>Fruit Cup</p> | <p><b>13</b></p> <p>Cereal Bowl<br/>Cheese Stick</p> <p>Fresh Fruit</p>               | <p><b>14</b></p> <p>French Toast Sticks<br/>Cheese Stick</p> <p>Fruit Cup</p>  |
| <p><b>17</b></p> <p>Strawberry Pop-Tart<br/>Cheese Stick</p> <p>Fresh Fruit</p> | <p><b>18</b></p> <p>Cereal Bowl<br/>Cheese Stick</p> <p>Fruit Cup</p>     | <p><b>19</b></p> <p>Mini Donut<br/>Cheese Stick</p> <p>Fresh Fruit</p>  | <p><b>20</b></p> <p>Apple Frudel<br/>Cheese Stick</p> <p>Fruit Cup</p>                | <p><b>21</b></p> <p>Muffin<br/>Cheese Stick</p> <p>Fresh Fruit</p>   |
| <p><b>24</b></p> <p>Mini Eggo Waffles<br/>Cheese Stick</p> <p>Fruit Cup</p>     | <p><b>25</b></p> <p>Cinnamon Roll<br/>Cheese Stick</p> <p>Fresh Fruit</p> | <p><b>26</b></p> <p>Mini Pancakes<br/>Cheese Stick</p> <p>Fruit Cup</p> | <p><b>27</b></p> <p>Cereal Bowl<br/>Cheese Stick</p> <p>Fresh Fruit</p>               | <p><b>28</b></p> <p>French Toast Sticks<br/>Cheese Stick</p> <p>Fruit Cup</p>  |
| <p><b>31</b></p> <p>Strawberry Pop-Tart<br/>Cheese Stick</p> <p>Fresh Fruit</p> |   |   |  |  <p>Choose <b>MyPlate</b>.gov</p> |

**INFORMATION**

|               |        |
|---------------|--------|
| Regular       | \$1.25 |
| Reduced       | \$0.30 |
| Adult         | \$1.50 |
| Bottled Water | \$0.75 |
| Extra Milk    | \$0.50 |

**EXTRA INFO**

Chocolate or Skim milk is included with each meal.  
For questions or comments,  
contact the FSD Christopher Gallaga:  
taher.foodservice@lhUSD.org 928-854-5411

**HARVEST OF**



**THE MONTH**

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



www.taher.com