





Nautilus Elementary School Breakfast Menu


March
2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 UBR Breakfast or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	2 Glazed Dount or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	3 Honey Bun or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	4 Muffin or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	5 French Toast Sticks or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit
8 Strawberry Pop-Tart or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	9 Mini Donut or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	10 Apple Frudel or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	11 Cinnamon Roll or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	12 Bagel with Peanut Butter or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit
15 Spring Break No School	16 Spring Break No School	17 Spring Break No School	18 Spring Break No School	19 Spring Break No School
22 UBR Breakfast or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	23 Glazed Dount or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	24 Honey Bun or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	25 Muffin or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	26 French Toast Sticks or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit
29 Strawberry Pop-Tart or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	30 Mini Donut or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	31 Apple Frudel or Cereal Bowl Cheese Stick or Graham Crackers Daily Fruit	 This is for Food 4 Thought	 Choose MyPlate.gov

PRICES	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®



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