





# Thunderbolt Middle School Breakfast Menu

March  
2021



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

**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](mailto:taher.foodservice@lhUSD.org) 928-854-5411

**HARVEST OF**



**THE MONTH**

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



[www.taher.com](http://www.taher.com)