



Nautilus Elementary School Breakfast Menu

December
2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cinnamon Roll or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	2 UBR or Yogurt Parfait or WG Cereal with Graham Crackers Daily Fruit
5 Mini Pancakes with Syrup or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	6 Glazed Dount or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	7 Mini Waffle or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	8 Cinnamon Roll or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	9 UBR or Yogurt Parfait or WG Cereal with Graham Crackers Daily Fruit
12 Mini Pancakes with Syrup or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	13 Glazed Dount or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	14 Mini Waffle or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	15 Cinnamon Roll or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	16 UBR or Yogurt Parfait or WG Cereal with Graham Crackers Daily Fruit
19 Mini Pancakes with Syrup or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	20 Glazed Dount or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	21 Mini Waffle or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	22 Cinnamon Roll or Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	23 Inservice for Staffs No School
26 Winter Break No School	27 Winter Break No School	28 Winter Break No School	29 Winter Break No School	30 Winter Break No School

PRICES

Bottled Water	\$1.00
Extra Milk	\$0.80
Student Breakfast	\$1.50
Reduced	\$0.30
Adult Breakfast	\$2.75

EXTRA INFO

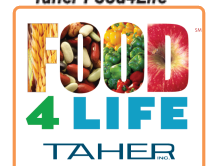
Chocolate or Skim milk is included
with each meal.
For questions or comments,
contact the FSD Christopher Gallaga:
taher.foodservice@lhUSD.org 928-854-5411

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



www.taher.com