



Nautilus Elementary School Lunch Menu

December
2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Chicken Parmesan w/Pasta or Ham Deli Sub or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>2</p> <p>Cheesebread Dunkers or Pretzel Bites w/Cheese or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>
<p>5 Breakfast for Lunch</p> <p>Egg and Biscuit with Tater Tots or Chef Salad with Whole Grain Dinner or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>6</p> <p>Cheese Enchiladas or WG Chips, Salsa & Cheese or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>7</p> <p>Beef Burger with French Fries or Chicken Salad Sliders or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>8</p> <p>Macaroni and Cheese or Chicken Caesar Salad or Whole Grain Dinner Roll or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>9</p> <p>Pepperoni Pizza or Pretzel Bites w/Cheese or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>
<p>12</p> <p>Grilled Cheese Sandwich or Turkey Deli Sub or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>13</p> <p>Chalupa or WG Chips, Salsa & Cheese or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>14</p> <p>BBQ Chicken Breast Sandwich with French Fries or Ham Deli Sandwich or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>15</p> <p>Pasta with Meatballs or Chef Salad with Whole Grain Dinner Roll or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>16</p> <p>Cheese Pizza or Pretzel Bites w/Cheese or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>
<p>19</p> <p>Cheese Burger Sliders or Chicken Caesar Salad with Whole Grain Dinner or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>20</p> <p>Bean & Cheese Burrito or WG Chips, Salsa & Cheese or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>21</p> <p>Hotdog with French Fries or Turkey Deli Sub or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>22 Christmas Roasted</p> <p>Turkey & Gravy with Stuffing & Cranberry Sauce or PB & J Sandwich with Cheese Stick Daily Fruit & Vegetable Bar 1% Milk</p>	<p>23 Inservice for Staffs</p> <p>No School</p>
<p>26 Winter Break</p> <p>No School</p>	<p>27 WinterBreak</p> <p>No School</p>	<p>28 Winter Break</p> <p>No School</p>	<p>29 Winter Break</p> <p>No School</p>	<p>30 Winter Break</p> <p>No School</p>

PRICES

Bottled Water	\$1.00
Extra Milk	\$0.80
Student Lunch	\$2.75
Reduced	\$0.40
Adult Lunch	\$4.60

EXTRA INFO

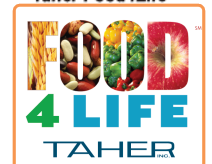
Chocolate or Skim milk is included
with each meal.
For questions or comments,
contact the FSD Christopher Gallaga:
taher.foodservice@lhUSD.org 928-854-5411

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



www.taher.com