



# Thunderbolt Middle School Breakfast Menu

December  
2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Bagel with Cream Cheese or  WG Blueberry Crumb Loaf or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	<b>2</b> Breakfast Pizza or  UBR Breakfast or  Yogurt Parfait or WG Cereal with Graham Crackers  Daily Fruit
<b>5</b> Pancake on a Stick or  Pop-Tart, Strawberry or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>6</b> Breakfast Burrito or  Glazed Dount or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>7</b> Biscuits & Gravy or  Cinnamon Roll or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>8</b> Bagel with Cream Cheese or  WG Blueberry Crumb Loaf or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	<b>9</b> Breakfast Pizza or  UBR Breakfast or  Yogurt Parfait or WG Cereal with Graham Crackers  Daily Fruit
<b>12</b> Pancake on a Stick or  Pop-Tart, Strawberry or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>13</b> Breakfast Burrito or  Glazed Dount or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>14</b> Biscuits & Gravy or  Cinnamon Roll or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>15</b> Bagel with Cream Cheese or  WG Blueberry Crumb Loaf or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	<b>16</b> Breakfast Pizza or  UBR Breakfast or  Yogurt Parfait or WG Cereal with Graham Crackers  Daily Fruit
<b>19</b> Pancake on a Stick or  Pop-Tart, Strawberry or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>20</b> Breakfast Burrito or  Glazed Dount or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>21</b> Biscuits & Gravy or  Cinnamon Roll or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers  Daily Fruit	<b>22</b> Bagel with Cream Cheese or  WG Blueberry Crumb Loaf or  Yogurt Parfait or WG Cereal with Cheese Stick or Graham Crackers Daily Fruit	<b>23</b> Inservice for Staff No School
<b>26</b> Winter Break No School	<b>27</b> Winter Break No School	<b>28</b> Winter Break No School	<b>29</b> Winter Break No School	<b>30</b> Winter Break No School

**PRICES**

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

**EXTRA INFO**

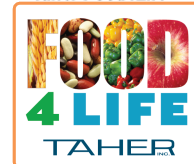
Chocolate or Skim milk is included  
with each meal.  
For questions or comments,  
contact the FSD Christopher Gallaga:  
taher.foodservice@lhUSD.org 928-854-5411

**HARVEST OF**



**THE MONTH**

Your MENUS plus more  
information on our app  
Taher Food4Life®



www.taher.com