



Remember to eat your fruit & vegetables.

Lake Havasu High School

April 2019

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Sausage Cheese Bagel
French Toast Sticks
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

2

Iced Donut
Biscuits & Gravy
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice

3

Ham Flatbread
Breakfast Bake
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

4

Breakfast Bowl
Pancake on a Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

5

Breakfast Burrito
Ham & Cheese on a Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

8

Sausage Cheese Bagel or Mini Bagel
French Toast Sticks
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

9

Iced Donut
Biscuits & Gravy
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice

10

Ham Flatbread
Breakfast Bake
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

11

Breakfast Bowl
Pancake on a Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

12

Ham & Cheese on a Bagel
Breakfast Burrito
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

15

Sausage Cheese Bagel
French Toast Sticks
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

16

Iced Donut
Biscuits & Gravy
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice

17

Ham Flatbread
Breakfast Bake
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

18

Breakfast Bowl
Pancake on a Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

19

Breakfast Burrito
Ham & Cheese on a Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

22

Sausage Cheese Bagel
French Toast Sticks
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

23

Iced Donut
Biscuits & Gravy
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice

24

Ham Flatbread
Breakfast Bake
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

25

Breakfast Bowl
Pancake on a Stick
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

26

Ham & Cheese on a Bagel
Breakfast Burrito
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

29

Sausage Cheese Bagel
French Toast Sticks
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit

30

Iced Donut
Biscuits & Gravy
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice

1

PRICES

Regular Lunch	\$2.65
Reduced Lunch	\$0.40
Regular Breakfast	\$1.25
Reduced Breakfast	\$0.30
Adult	\$3.65

HARVEST OF THE MONTH

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch. For questions or comments, contact the FSD
Christopher Gallaga:
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