

Menus

School: Tonica Grade School

Academic Year: 2021-22

Meal: Breakfast

Month: October 2021

October				
M	Tu	W	Th	F
27 Sausage, Egg and Cheese Muffin Fruit 1% Chocolate or White Milk	28 Yogurt Parfait Granola Fruit Juice 1% Chocolate or White Milk	29 Scrambled Eggs Toast Hash Brown Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	30 Cereal Fruit Juice 1% Chocolate or White Milk	1 Chocolate Cake Donut Fruit Juice 1% Chocolate or White Milk
4 Muffin Fruit Juice 1% Chocolate or White Milk	5 Mini Pancakes Fruit Juice 1% Chocolate or White Milk Syrup	6 Omelet Toast Hash Brown, Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	7 Glazed Donut Fruit Juice 1% Chocolate or White Milk	8 Teacher Institute No School
11	12 Pop Tart Fruit Juice 1% Chocolate or White Milk	13 Scrambled Eggs Toast Hash Brown Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	14 Yogurt Granola Fruit Juice 1% Chocolate or White Milk	15 Mini Powder Sugar Donuts Fruit Juice 1% Chocolate or White Milk
18 Sausage, Egg and Cheese Muffin Fruit 1% Chocolate or White Milk	19 Pancake and Sausage on a Stick Fruit Juice 1% Chocolate or White Milk Syrup	20 Omelet Toast Hash Brown, Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	21 Cereal Fruit Juice 1% Chocolate or White Milk	22 Cinnamon Roll Fruit Juice 1% Chocolate or White Milk
25 Bacon, Egg and Cheese Tortilla Fruit Juice 1% Chocolate or White Milk	26 Mini Pancakes Fruit Juice 1% Chocolate or White Milk Syrup	27 Scrambled Eggs Toast Hash Brown Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	28 Yogurt Granola Fruit Juice 1% Chocolate or White Milk	29 Mini Chocolate Donuts Fruit Juice 1% Chocolate or White Milk