

Menus

School: Tonica CCSD #79

Academic Year: 2022-23

Meal: Lunch

Month: September 2022

September				
M	Tu	W	Th	F
29 Chicken Nuggets Peaches Mashed Potatoes Juice Box 1% Chocolate or White Milk Ketchup, Dipping Sauces, Margarine Cup	30 Ham and Cheese on a Sub Bun Pears Carrots 1% Chocolate or White Milk Chips Mayo, Mustard	31 Cheese Burger on a Bun Apple Sauce Green Beans 1% Chocolate or White Milk	1 Soft Tacos Shredded Cheese Cup Frozen Fruit Cup Lettuce Refried Beans 1% Chocolate or White Milk Salad Dressings, Salsa, Hot Sauce, Tomatoes, Onion	2 Cheesy Garlic French Bread Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings, Parmesan Cheese
5	6 Pop Corn Chicken Mashed Potatoes Veggie Side Kick Peaches 1% Chocolate or White Milk Dipping Sauce, Ketchup, Margarine Cup	7 Early Out No Lunch Menus are subject to change at any time. This Institution is an equal opportunity provider.	8 PBJ Fresh Fruit Carrots 1% Chocolate or White Milk Chips Ranch	9 Pizza Bosco Stick Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings
12 Breaded Chicken Patty Bun Mixed Fruit French Fries Juice Box 1% Chocolate or White Milk Ketchup, Mayo, Ranch	13 Noodles, Meat Sauce Green Beans Frozen Fruit Cup Garlic Bread 1% Chocolate or White Milk	14 (Taco-in-Bag) Taco Meat Shredded Cheese Shredded Lettuce Apple Slices Nacho Corn Chips, 1% Chocolate or White Milk Salad Dressings, Tomatoes, Onions, Salsa, Sour Cream	15 Turkey and Cheese Croissant Fresh Fruit Lettuce 1% Chocolate or White Milk Pudding Salad Dressings, Ranch Dip	16 Cheese Stuffed Breadstick (Not a Bosco Stick) Fresh Fruit Carrots 1% Chocolate or White Milk Cookie Ranch, Marinara Sauce
19 Corn Dog Nuggets Apple Sauce Baked Beans 1% Chocolate or White Milk Graham Cookie Ketchup, Mustard	20 Turkey and Gravy Peaches Mashed Potatoes Juice Box Dinner Roll 1% Chocolate or White Milk Margarine Cup	21 Chicken Tenders Fresh Fruit Onion Rings Green Beans 1% Chocolate or White Milk Dipping Sauces	22 Pork Tenderloin Bun Pears Carrots 1% Chocolate or White Milk Jello W/Cool Whip Ketchup, Mustard, Pickles	23 Sausage Pizza Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings, Parmesan Cheese
26 Cheese and Chicken Quesadilla Apple Sauce Refried Beans Juice Box 1% Chocolate or White Milk Pudding Salsa, Sour Cream	27 Macaroni and Cheese Roasted Broccoli Mixed Fruit 1% Chocolate or White Milk Rice Krispie Treat	28 Pop Corn Shrimp or PBJ Hush Puppies Carrots Fresh Fruit 1% Chocolate or White Milk Tartar Sauce, Cocktail Sauce, Ketchup, Ranch	29 Orange Chicken Rice Mandarin Oranges Peas Fortune Cookie 1% Chocolate or White Milk Soy Sauce	30 Round Pepperoni Pizza Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings, Parmesan Cheese