

Menus

School: Tonica CCSD #79

Academic Year: 2022-23

Meal: Breakfast

Month: September 2022

September				
M	Tu	W	Th	F
29 Yogurt Smoothie Pop Tart Fruit Juice 1% Chocolate or White Milk	30 French Toast Sticks Sausage Links Fruit Juice 1% Chocolate or White Milk Syrup	31 Scrambled Eggs Toast Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	1 Yogurt Granola Fruit Juice 1% Chocolate or White Milk	2 Cinnamon Roll or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk
5	6 Pancake and Sausage on a Stick Fruit Juice 1%Chocolate or White Milk Syrup	7 Sausage, Egg and Cheese Tortilla Wrap Hash Browns Fruit Juice 1%Chocolate or White Milk Hot Sauce	8 Cereal or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk	9 Chocolate Mini Donuts or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk
12 Sausage, Egg and Cheese Croissant Fruit Juice 1%Chocolate or White Milk	13 Waffles Sausage Link Fruit Juice 1%Chocolate or White Milk Syrup	14 Sausage Scramble Toast Fruit Juice 1%Chocolate or White Milk Jelly or Cinnamon and Sugar	15 Cereal or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk	16 Glazed Donut, Cereal or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk
19 Smoothie Toast Fruit Juice Jelly or Cinnamon and Sugar 1%Chocolate or White Milk	20 Mini Pancakes Sausage Link Fruit Juice 1%Chocolate or White Milk Syrup	21 Scrambled Eggs Toast Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	22 Cereal or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk	23 Cinnamon Roll or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk
26 Bacon, Egg Breakfast Pizza Fruit Juice 1%Chocolate or White Milk	27 French Toast Sticks Sausage Links Fruit Juice 1% Chocolate or White Milk Syrup	28 Sausage, Egg and Cheese Tortilla Wrap Hash Browns Fruit Juice 1%Chocolate or White Milk Hot Sauce	29 Cereal or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk	30 Powder Sugar Mini Donuts or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk