

# Menus

**School:** Tonica CCSD #79

**Academic Year:** 2022-23

**Meal:** Breakfast

**Month:** November 2022

November				
M	Tu	W	Th	F
31 Bacon, Egg Breakfast Pizza Fruit Juice 1%Chocolate or White Milk	1 French Toast Sticks Sausage Links Fruit Juice 1% Chocolate or White Milk Syrup	2 Sausage, Egg and Cheese Tortilla Wrap Hash Browns Fruit Juice 1%Chocolate or White Milk Hot Sauce	3 Cereal or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk	4 Powder Sugar Mini Donut or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk
7 Sausage, Egg Muffin With or Without Cheese Fruit Juice 1% Chocolate or White Milk	8 NO SCHOOL	9 Scrambled Eggs Toast Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	10 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	11
14 Smoothie Toast Fruit Juice Jelly or Cinnamon and Sugar 1%Chocolate or White Milk	15 Mini Pancakes Sausage Link Fruit Juice 1%Chocolate or White Milk Syrup	16 Muffin Fruit Juice 1%Chocolate or White Milk Hot Sauce	17 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	18 Cinnamon Roll or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk
21 Sausage Biscuit, With or Without Cheese Fruit Juice 1% Chocolate or White Milk	22 Glazed Donut, or Yogurt and Granola Fruit Juice 1%Chocolate or White Milk	23	24	25
28 Yogurt, Granola Pop Tart Fruit Juice 1% Chocolate or White Milk	29 Waffle Sausage Link Fruit Juice 1%Chocolate or White Milk Syrup	30 Scrambled Eggs Toast Fruit 1% Chocolate or White Milk Jelly or Cinnamon and Sugar	1 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	2 Chocolate Mini Donut or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk