

Menus

School: Tonica CCSD #79

Academic Year: 2022-23

Meal: Lunch

Month: November 2022

November				
M	Tu	W	Th	F
31 Corn Dog Nuggets Apple Sauce French Fries Juice Box 1% Chocolate or White Milk Spooky Dessert Ketchup, Mustard	1 Chicken Tenders Fruit Carrots 1% Chocolate or White Milk Dipping Sauces Graham Cookie	2 Early Out No Lunch Menus are subject to change at any time. This Institution is an equal opportunity provider.	3 Grilled Cheese, Tomato Soup Green Beans Fruit Side Kick 1% Chocolate or White Milk	4 Sausage Pizza Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings, Parmesan Cheese
7 Cheese Bosco Sticks Marinara Sauce Fruit Green Beans Rice Krispie Treat 1% Chocolate or White Milk	8 NO SCHOOL	9 Hamburger, Cheese Slice, Bun Apple Sauce French Fries Carrots 1% Chocolate or White Milk Pudding Ketchup, Mustard, Mayo, Ranch	10 Cheese Pizza Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings, Parmesan Cheese	11
14 Ham and Cheese on a Sub Bun or PBJ Pears Carrots 1% Chocolate or White Milk Chips Mayo, Mustard	15 Chicken Nuggets Fruit Roasted Broccoli, Cheese Sauce 1% Chocolate or White Milk Ketchup, Dipping Sauces Fruit Snack	16 TURKEY DINNER Turkey Slice Mashed Potatoes, Gravy, Green Beans Peaches or Apple Sauce Cranberry Sauce Stuffing, Dinner Roll Pie Slice or Cookie Margarine cup Milk	17 Soft Tacos Shredded Cheese Cup Frozen Fruit Cup Lettuce Refried Beans 1% Chocolate or White Milk Salad Dressings, Salsa, Hot Sauce, Tomatoes, Onion	18 Cheesy Garlic French Bread Fresh Fruit Celery 1% Chocolate or White Milk Cookie Ranch, Parmesan Cheese
21 Noodles, Meat Sauce Green Beans Frozen Fruit Cup Garlic Bread 1% Chocolate or White Milk	22 Pizza Bosco Stick Fruit Carrots 1% Chocolate or White Milk Cookie Ranch	23	24	25
28 Cheese and Chicken Quesadilla Apple Sauce Refried Beans Juice Box 1% Chocolate or White Milk Pudding Salsa, Sour Cream	29 Macaroni and Cheese Roasted Broccoli Fruit 1% Chocolate or White Milk Rice Krispie Treat	30 Baked Potato Diced Ham, Cheese Sauce or PBJ Fruit Carrots Banana Bread Milk Sour Cream, Margarine, Ranch	1 Orange Chicken Rice Mandarin Oranges Mixed Veggies Fortune Cookie 1% Chocolate or White Milk Soy Sauce	2 Round Pepperoni Pizza Fresh Fruit Lettuce 1% Chocolate or White Milk Cookie Salad Dressings, Parmesan Cheese