

Menus

School: Tonica CCSD #79

Academic Year: 2023-24

Meal: Breakfast

Month: November 2023

November				
M	Tu	W	Th	F
30 Breakfast Pizza or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	31 Mini Pancakes, Syrup or Cereal or Yogurt and Granola Sausage Links Fruit Juice 1% Chocolate or White Milk	1 Cheese Omelet, Toast, Jelly or PB Cup or Cereal Hash Brown Fruit Juice 1% Chocolate or White Milk	2 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	3 Glazed Donut or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate or White Milk
6 Grape Crescent or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate or White Milk	7 French Toast Sticks, Syrup or Cereal or Yogurt and Granola Sausage Links Fruit Juice 1% Chocolate or White Milk	8 Muffin or Cereal and/or Fruit Smoothie or Yogurt and Granola Fruit, Juice 1% Chocolate or White Milk	9 Mini Powdered Sugar Donuts or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	10 No School
13 Biscuits and Gravy or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate or White Milk	14 Pancake and Sausage on a Stick, Syrup or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate or White Mil	15 Scrambled Eggs, Toast, Jelly or PB Cup or Cereal Fruit Juice 1%Chocolate or White Milk	16 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	17 Cinnamon Roll or Yogurt and Granola or Cereal Fruit Juice 1%Chocolate or White Milk
20 Sausage and Cheese Biscuit or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	21 Glazed Donut or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate or White Milk	22	23	24
27 Cinnamon Cream Cheese Mini Bagels or Cereal Fruit Juice 1% Chocolate or White Milk	28 Mini Pancakes, Syrup or Cereal or Yogurt and Granola Sausage Links Fruit Juice 1% Chocolate or White Milk	29 Cheese Omelet, Toast, Jelly or PB Cup or Cereal Hash Brown Fruit Juice 1% Chocolate or White Milk	30 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	1 Mini Apple Filled Glazed Donuts or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk