

# Menus

**School:** Tonica CCSD #79

**Academic Year:** 2023-24

**Meal:** Breakfast

**Month:** March 2024

March				
M	Tu	W	Th	F
26 Oatmeal with apples and cranberries or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	27 Mini Pancakes, Syrup or Yogurt and Granola or Cereal Sausage Link Fruit Juice 1% Chocolate or White Milk	28 Cheese Omelet, Toast, Jelly or Cinnamon sugar or Cereal Hash Brown Fruit Juice 1% Chocolate or White Milk	29 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	1 Glazed Donuts or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk
4 National School Breakfast Week!!!  Muffin, Homemade Fruit Parfait or Cereal Fruit Juice 1% Chocolate or White Milk	5 Join the breakfast fun in the cafeteria!!  French Toast Sticks, Syrup or Cereal or Yogurt and Granola Sausage Links Fruit Juice 1% Chocolate or White Milk	6 Fuel up for the school day have breakfast!  Scrambled Eggs or Cereal Toast, Jelly or Cinnamon sugar Hash Brown Fruit Juice 1%Chocolate or White Milk	7 Try school breakfast to get your brain power for learning!!  Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	8 Start the day with nutrition to grow and learn!!  Mini Chocolate or Powdered Sugar Donuts or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk
11 Biscuits and Gravy or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate or White Milk	12 Waffle, Syrup or Cereal or Yogurt and Granola Sausage Links Fruit Juice 1% Chocolate or White Milk	13 Cheese Omelet or Cereal Toast, Jelly or Cinnamon sugar Hash Brown Fruit Juice 1% Chocolate or White Milk	14 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	15 Cinnamon Roll or Yogurt and Granola or Cereal Fruit Juice 1%Chocolate or White Milk
18 Sausages, Egg and Cheese croissant or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	19 Mini Pancakes, Syrup or Yogurt and Granola or Cereal Sausage Link Fruit Juice 1% Chocolate or White Milk	20 Scrambled Eggs w/Bacon or Cereal Toast, Jelly or Cinnamon sugar Hash Brown Fruit Juice 1%Chocolate or White Milk	21 Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	22 Mini Powdered Sugar Donuts or Cereal or Yogurt and Granola Fruit Juice 1 % Chocolate or White Milk
25 Breakfast Pizza or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	26 Pancake and Sausage on a Stick, Syrup or Yogurt and Granola or Cereal Fruit Juice 1% Chocolate, or White Milk	27 Cheese Omelet or Cereal Toast, Jelly or Cinnamon sugar Hash Brown Fruit Juice 1% Chocolate or White Milk	28 Mini Chocolate Donuts or Cereal or Yogurt and Granola Fruit Juice 1% Chocolate or White Milk	29