

Menus

School: Tonica Grade School

Academic Year: 2018-19

Meal: Breakfast

Month: November 2018

November				
M	Tu	W	Th	F
29 Sausage,Egg and Cheese Tortilla Cereal,Toast, Granola, Yogurt, Fruit Juice Milk	30 Pancake and Sausage on a Stick, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk Syrup	31 Cheese Omelet, Cereal, Toast, Granola, Yogurt, Fruit, Hash Brown Juice Milk	1 Ham, Egg & Cheese on English Muffin, Cereal, Toast,Granola, Yogurt Fruit Juice Milk	2 Cinnamon Rolls, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk
5 Egg Sausage and Cheese Tornado, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk	6 Yogurt Parfait (yogurt, fruit and granola in a cup) Cereal,Toast, Granola, Yogurt, Fruit Juice Milk	7 Scrambled Eggs, Cereal, Toast,Granola, Yogurt, Fruit, Hash brown Juice Milk	8 Glazed Donut, Cereal,Toast, Granola,Yogurt, Fruit Juice Milk	9 Parent Teacher Conferences No School
12 Breakfast Pizza, Cereal, Toast,Granola, Yogurt, Fruit Juice Milk	13 Waffle, Cereal, Toast,Granola, Yogurt, Fruit Juice Milk Syrup	14 Muffin,Cereal, Toast, Granola, Yogurt, Fruit Juice Milk	15 Cheese Omelet, Cereal, Toast, Granola, Yogurt, Fruit, Hash Brown Juice Milk	16 Powder Sugar or Chocolate Donuts, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk
19 Oatmeal with (dried fruit, choc chips, brown sugar), Cereal, Granola, Yogurt,Toast Fruit Juice Milk	20 Pancake and Sausage on a Stick, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk Syrup	21 Glazed Donut, Cereal,Toast, Granola,Yogurt, Fruit Juice Milk	22	23
26 Biscuit, Sausage Gravy, Cereal, Toast, Granola, Yogurt Fruit Juice Milk	27 Waffle, Cereal, Toast,Granola, Yogurt, Fruit Juice Milk Syrup	28 Cheese Omelet, Cereal, Toast, Granola, Yogurt, Fruit, Hash Brown Juice Milk	29 Egg Sausage and Cheese Tornado, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk	30 Cinnamon Rolls, Cereal,Toast, Granola, Yogurt, Fruit Juice Milk