





Tomahawk Elementary School Breakfast Menu

November 2019

Don't forget to eat your vegetables.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>ChooseMyPlate.gov</p>				<p>1</p> <p>Grape Uncrustable</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>4</p> <p>Mini Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Canned Fruit 1% Milk</p>	<p>5</p> <p>Mini Donut Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>6</p> <p>Brekkie</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>7</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>8</p> <p>Banana Chocolate Loaf Hard Boiled Egg</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>11</p> <p>Choc Chip Muffin, Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Canned Fruit Vegetable Selection 1% Milk</p>	<p>12</p> <p>Mini-Cinnis Strawberry Banana Yogurt</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>13</p> <p>Apple Bosco Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>14</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>15</p> <p>Mini Donut Hard Boiled Egg</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>18</p> <p>Banana Chocolate Loaf Strawberry Banana Yogurt</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Canned Fruit 1% Milk</p>	<p>19</p> <p>Grape Uncrustable</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>20</p> <p>Mini Donut Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>21</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>22</p> <p>Breakfast Banana Split Yogurt Parfait</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>25</p> <p>Brekkie</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Canned Fruit 1% Milk</p>	<p>26</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>27 Thanksgiving Break</p>	<p>28 Thanksgiving Break</p>	<p>29 Thanksgiving Break</p>

INFORMATION

Regular	\$1.55
Reduced	\$0.00
Adult	\$1.95
Milk Break	\$0.40

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with all Lunch. For questions
or comments contact the Food Service Director
at: Tessmerd@tomahawk.k12.wi.us
or call 715-453-2106 ext. 310

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



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Menus are subject to change without notice. This institution is an equal opportunity provider.