





Tomahawk MS/HS Breakfast Menu

November
2019

"Breakfast is everything. The beginning, the first thing. It is the mouthful that is the commitment to a new day, a continuing life."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>ChooseMyPlate.gov</p>				<p>1</p> <p>Brekkie</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>4</p> <p>Breakfast Pizza</p> <p>Make Your Own Yogurt Parfaits</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>5</p> <p>French Toast Sticks Cheese Omelet</p> <p>Banana Chocolate Loaf Strawberry Banana Yogurt</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>6</p> <p>Bacon, Egg & Cheese on English Muffin</p> <p>Grape Uncrustable</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>7</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>8</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>11</p> <p>Breakfast Pizza</p> <p>Strawberry Cream Cheese Filled Bagel</p> <p>Vegetable Selection Canned Fruit 1% Milk</p>	<p>12</p> <p>Banana Chocolate Loaf Cheese Stick</p> <p>Apple Bosco Stick</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>13</p> <p>Ham, Egg & Cheese on English Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>14</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>15</p> <p>Oatmeal Bar with Fresh Fruit</p> <p>Long John</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>18</p> <p>Breakfast Pizza</p> <p>Make Your Own Yogurt Parfaits</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>19</p> <p>Cinnamon Roll</p> <p>Oatmeal Bar with Fresh Fruit</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>20</p> <p>Bacon Egg and Cheese Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>21</p> <p>Very Berry Yogurt Pizza</p> <p>Banana Chocolate Loaf Hard Boiled Egg</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>22</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>25</p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Canned Fruit 1% Milk</p>	<p>26</p> <p>Bacon, Egg & Cheese on Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>27</p> <p>Thanksgiving Break</p>	<p>28</p> <p>Thanksgiving Break</p>	<p>29</p> <p>Thanksgiving Break</p>

INFORMATION

Regular	\$1.55
Reduced	\$0.00
Adult	\$1.95

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with all Breakfasts. For questions or comments contact the Food Service Director at: Tessimerd@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.