

JANUARY 2023

Turkey Ford

LUNCH



Don't be afraid to try new foods.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

no school

2

TUESDAY

no school

3

WEDNESDAY

chicken spaghetti
green beans
salad
fruit

4

THURSDAY

chili with beans
oranges
corn bread
cinnamon rolls

5

FRIDAY

Grilled cheese
Tomato soup
Salad
Fruit

6

Chicken with rice
Salad
Fruit

9

Walkin' taco
Beans
Fruit

10

Chicken nuggets
Peas and carrots
Scalloped potatoes
Grapes

11

Pizza
Salad
Fruit

12

Fish sticks
Broccoli rice casserole
Hush puppies
Fruit

13

No school

16

Hot dogs
Potato salad
Baked beans
Fruit

17

Meatball sub
Fries
Salad
Fruit

18

Ham and potato bake
Broccoli
Hot rolls
Fruit

19

Cheese burgers
French fries
Cucumbers with ranch
Fruit

20

Corn dogs
Broccoli ranch salad
Oranges

23

Taco burgers
Beans
Fruit

24

Ham and cheese sandwich
noodle soup
Fruit

25

Tator tot casserole
Green beans
Rolls
Fruit

26

Pizza
Salad
Fruit

27

Chicken nuggets
Sweet potatoes
Peas and carrots
Fruit

30

beef and bean burrito
corn
beans
fruit

31

