

NOVEMBER 2022

Turkey Ford

BREAKFAST



School Information: Type your school information here.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

breakfast burritos
fruit
juice/milk

1

cereal
fruit
juice/milk

2

National Sandwich Day
Sausage egg and
cheese biscuit
Fruit
Juice/milk

3

Biscuits and sausage gravy
Fruit
Juice/milk

4

Ham and eggs
Hash browns
Fruit
Juice/milk

7

pancake on a stick
fruit
juice/milk

8

breakfast pizza
fruit
juice/milk

9

Biscuits and gravy
Sausage
eggs
Fruit
Juice/milk

10

Veterans Day
Cod cereal
Fruit
Juice/milk

11

Ham
Eggs
Hash browns
Fruit
Juice/milk

14

Breakfast burritos
Fruit
Juice/milk

15

Rice
Bacon
Fruit
Juice/milk

16

Pancake on a stick
Fruit
Juice/milk

17

Biscuits and gravy
Sausage eggs
Fruit
Juice/milk

18

No school

21

No school

22

No school

23

No school

24

No school

25

biscuits
eggs
bacon
fruit
juice/milk

28

cereal
sausage
fruit
juice/ milk

29

breakfast burrito
fruit
juice/milk

30

