

# OCTOBER 2022

## Turkey Ford

### LUNCH



**School Information:** Type your school information here.



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

Chili Cheese Dogs  
Cucumbers with Ranch  
Fritos  
Bananas  
Milk

3

### TUESDAY

**Cinnamon Roll Day**  
**Chili Mac**  
**Corn**  
**Cornbread**  
**Oranges**  
**Milk**

4

### WEDNESDAY

chicken  
sweet potatoes  
broccoli ranch salad  
peaches  
hot roll  
milk

5

### THURSDAY

ham  
mac and cheese  
peas and carrots  
oranges  
milk

6

### FRIDAY

Fish Sticks  
French Fries  
Hush Puppies  
Cole slaw  
Pears  
Milk

7

Ham N Potato bake  
Green Beans  
Hot roll  
Pineapple  
Milk

10

**Nachos**  
**Broccoli with ranch**  
**Blueberries**  
**Milk**

11

no school

12

no school

13

no school

14

Ham  
Sweet Potatoes  
Green Beans  
Blushing Pears  
Hot roll  
Milk

17

meatball sub  
French fries  
Salad  
Peaches  
Milk

18

bean and beef burrito  
Mexican rice  
Beans  
Oranges  
Milk

19

spaghetti with meatballs  
broccoli  
pineapple  
garlic bread  
milk

20

Pizza  
Salad  
Peaches  
Milk  
Ice cream

21

Chicken Nuggets  
Mashed potatoes  
w/gravy  
Apples  
Cucumbers  
Milk

24

Chili with beans  
Corn  
Corn bread  
Peaches  
Cinnamon rolls  
Milk

25

chicken  
sweet potatoes  
peas and carrots  
blushing pears  
hot roll  
milk

26

chili mac  
cauliflower w/ranch  
corn bread  
oranges  
milk

27

**National Chocolate Day**  
**Cheese Burgers**  
**Tator tots**  
**Salad**  
**Mixed fruit**  
**Milk**

28

**Halloween**  
**No school**

31



**Chocolate sundae**