

# DECEMBER 2023

## Turkey Ford School



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



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Cook's Choice

1

Quesadilla  
Refried Beans  
Mexican Rice  
Orange Milk

4

Spaghetti  
Garlic Bread  
Green Beans  
Fruit Cup  
Milk

5

Chicken & Noodles  
Corn  
Dinner Roll  
Apple  
Milk

6

Chicken Leg  
Baked Beans  
Texas Toast  
Tater Tot  
Fruit Cup

7

Crispito  
Broccoli w/cheese  
Carrot w/Ranch  
Sidekick  
Milk

8

Frito Chili Pie  
Pinto Beans  
Pineapple  
Milk

11

Corn Dog  
Cooked Broccoli  
Carrot w/ranch  
Fruit Cup  
Milk

12

Chicken Nuggets  
Mashed Potato w/gravy  
Roll  
Green Beans  
Apple

13

Beef/Veggie Soup  
Cornbread  
Mandarin Oranges  
Milk

14

Bosco Stick  
Marinara  
Corn  
Orange  
Milk

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