



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for whole grain as the first ingredient or the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide nutrients like fiber, iron, B vitamins, potassium, and magnesium.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Burrito
Salsa
Refried Beans
Apple
Milk

01

Hot Dog on bun
French Fries
Fruit
Milk

02

Chicken and Dumplings
Roll
Corn
Fruit
Milk

03

Pizza
Red Peppers w/ ranch
Fruit
Milk
Cookie

04

Labor Day
No School

07

International Literacy Day
No School

08

Chicken Nuggets
Mashed Potato
Gravy
Fruit
Milk

09

Fried Rice
Edamame
Chicken Egg Roll
Fruit
Milk

10

Mozzarella sticks
Marinara
Salad w/ Ranch
Banana
Milk

11

Steak Fingers
Mashed Potato w/ Gravy
Roll
Fruit
Milk

14

Taco Bake
Carrots w/ Ranch
Peaches
Milk

15

Mini Corn Dog
Salad w/ ranch
Fruit
Milk

16

Teriyaki Chicken
Rice
Mixed Veggies
Fruit
Milk

17

Chicken Sandwich
Sweet Potato Fries
Fresh Fruit
Milk

18

Sloppy Joe
Fries
Fruit
Milk

21

Chicken Taco
Mexican Rice
Black Beans
Fruit
Milk

22

Spaghetti
Garlic Toast
Peas
Fruit
Milk

23

Mac and Cheese
Lil Smokies
Corn
Fruit
Milk

24

Hamburger
Chips
Blanched Broccoli
Fruit
Milk

25

Chili
CornBread Muffin
Broccoli w/ ranch
Fresh Fruit
Milk

28

Nacho w/ beef
Refried Beans
Choc chip cookies
Fruit
Milk

29

Hamburger Steak
Mashed Potato w/ Gravy
Roll
Fruit
Milk

30



Turkey Ford School provides free breakfast and lunch to all students.
Menus are subject to change without prior notice due to availability of products.
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