

MARCH 2024

Turkey Ford Elementary

LUNCH



School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Hot Dog
French fries
Cucumber w/ranch
Fruit
Milk 1

Walking taco 4
Beans
Spanish rice
Fruit
Milk

Pulled pork sandwich 5
Roasted carrots
Fruit
Milk

Chicken nuggets 6
Mashed potato w/gravy
Green beans
Hot roll fruit
Milk

Spaghetti 7
Steamed broccoli
Garlic toast
Fruit
Milk

Hamburger pickle 8
Lettuce tomato
Tator tots
Fruit
Milk

Frito pie 11
Cucumbers w/ranch
Fruit
Milk

Beanie wieners 12
Texas toast
Side salad
Fruit
Milk

Chicken patty on bun 13
French fries
Lettuce tomato
Fruit
Milk

Chicken alfredo 14
Roasted carrots
Garlic toast
Fruit
Milk

Pizza 15
Broccoli w/ranch
Sidekick
Milk

NO SCHOOL 18

NO SCHOOL 19

NO SCHOOL 20

NO SCHOOL 21

NO SCHOOL 22

Crispitos 25
Chili beans
Fruit
Milk

Mac and cheese 26
Hot roll
Peas and carrots
Fruit
Milk

Chicken strips 27
Mashed potato w/gravy
Green beans
Fruit
Milk

Spaghetti 28
Garlic toast
Steamed broccoli
Fruit
Milk

NO SCHOOL 29