

SEPTEMBER 2023

Turkey Ford Elementary

LUNCH



This institution is an equal opportunity provider.



September is Whole Grains Month! 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



Labor Day
No school

4

Quesadilla
Refried beans
Oranges
Milk

5

Hot dogs
Cucumbers with ranch
Cantaloupe
Milk

6

Sloppy joes
Green beans
Apples
Milk

7

International Literacy
Day
Cheeseburgers
French fries
Bananas milk

8

Spaghetti with
meatballs
Green beans
Peaches
Garlic stick and milk

11

Taco burgers
Corn
Grapes
Milk

12

Chicken sandwich
Tator tots
Oranges
Milk

13

Baked chicken
Mashed potatoes with
gravy
Pineapple
Milk

14

Pizza
Broccoli with ranch
Luigi cup
Milk

15

Corn dogs
Fries
Peaches
Milk

18

Beef and bean burrito
Ranch beans
Cantaloupe
Milk

19

Mac and cheese
Peas and carrots
Hot roll
Bananas

20

Spaghetti
Green beans
Oranges
Milk

21

Cheeseburgers
Cucumbers with ranch
Luigi cup
Milk

22

Chicken nuggets
Sweet potatoes
Pears
Milk

25

Quesadilla
Refried beans
Strawberries
Milk

26

World School Milk
Day uncrustables
Broccoli ranch salad
Pineapple
Milk

27

Bosco sticks
Carrots with ranch
Oranges
Milk

28

No school

29