

DECEMBER 2022

Turkey Ford

LUNCH



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



Chili with beans
Cornbread
fruit

5

walking Taco
fruit

6

Hot dog
tator tots
fruit

7

bean and beef burrito
corn
mexican rice
fruit

1

OF Chicken Sandwich
Mashed potatoes
Green beans
fruit

2

Chili with beans
Cornbread
fruit

5

walking Taco
fruit

6

Hot dog
tator tots
fruit

7

Chicken nuggets
Mac and cheese
Peas
fruit

8

Pizza
Salad
fruit

9

Ham and cheese sandwich
Potatoes salad
Baked Beans
Fruit

12

Nachos
Salad
Fruit

13

Corn dogs
French fries
fruit

14

Ham and potato bake
Carrots
hot roll
fruit

15

Spaghetti with meat balls
garlic toast
Broccoli
fruit

16

No school

19

no school

20

No school

21

No school

22

No school

23

No school

26

No school

27

No school

No school

No school