

# OCTOBER 2022

## Turkey Ford

### BREAKFAST



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



**Cinnamon Roll Day is October 4.** Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Oatmeal  
Toast  
Blueberries  
Milk/Juice

3

**Cinnamon Roll Day**  
**Bacon**  
**Fruit**  
**Milk/Juice**

4

Breakfast Pizza  
Grapes  
Juice/Milk

5

Cold Cereal  
Fruit in Lite syrup  
Juice/Milk

6

Biscuits and Gravy  
Sausage  
Peaches

7

Oatmeal  
Toast  
Apples  
Juice/Milk

10

**Breakfast Pizza**  
**Peaches**  
**Juice/Milk**

11

no school

12

no school

13

no school

14

Oatmeal  
Toast  
Oranges  
Juice/Milk

17

Cold cereal  
Bananas  
Juice/Milk

18

Muffins  
Fruit in Lite syrup  
Juice/Milk

19

Pancake on Stick  
Blueberries  
Juice/Milk

21

Oatmeal  
Bacon  
Peaches  
Juice/milk

24

cold cereal  
bananas  
Juice/Milk

25

Breakfast Pizza  
Fruit in lite Syrup  
Juice/Milk

26

Pancakes  
Sausage  
Fruit in Lite Syrup  
Juice/Milk

27

**National Chocolate Day**  
**Chocolate Gravy**  
**Biscuits**  
**Bacon**  
**Fruit in Lite Syrup**  
**Juice/Milk**

28

**Halloween**  
**No school**

31

