



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

# BREAKFAST

## MONDAY

Yogurt Parfait  
Ham  
Fruit  
Milk  
Juice

02

## TUESDAY

**National Sandwich Day**  
Biscuit Sandwich  
Hashbrown  
Fruit  
Milk & Juice

03

## WEDNESDAY

Oatmeal w/ Nuts and Fruit  
Cinnamon Toast  
Fruit  
Milk  
Juice

04

## THURSDAY

Eggs  
Bacon  
Croissant  
Fruit  
Milk & Juice

05

## FRIDAY

Mini Monkey Bread  
Yogurt  
Fruit  
Milk  
Juice

06

Omelet  
Bacon  
Toast  
Fruit  
Milk & Juice

09

Cereal  
Pastry  
Fruit  
Milk  
Juice

10

**Veterans Day**  
Breakfast Pizza  
Fruit  
Milk & Juice

11

French Toast  
Strawberry Compote  
Ham  
Fruit  
Milk & Juice

12

Biscuit  
Gravy  
Sausage  
Fruit  
Juice & Milk

13

Eggs  
Bacon  
Toast  
Fruit  
Milk & Juice

16

Cereal  
Pastry  
Fruit  
Milk  
Juice

17

Breakfast Casserole  
Hashbrown  
Fruit  
Milk  
Juice

18

Muffin  
Yogurt Parfait  
Fruit  
Milk  
Juice

19

Biscuit  
Gravy  
Sausage  
Fruit  
Juice & Milk

20

No School

23

No School

24

**National Parfait Day**  
No School

25

No School

26

No School

27

Mini Waffle  
Syrup  
Fruit  
Juice  
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. This institution is an Equal Opportunity Provider.

# NOVEMBER 2026