

DECEMBER 2023

Turkey Ford School

BREAKFAST



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Cook's Choice

1

Pancake on a Stick
Syrup
Fruit in lite syrup
Juice
Milk

4

Breakfast Pizza
Fruit in Lite Syrup
Juice
Milk

5

Bacon
Egg Patty
Toast
Fruit in Lite Syrup
Juice & Milk

6

Blueberry Muffin
Cereal
Fruit in Lite Syrup
Juice
Milk

7

Biscuit
Sausage Gravy
Fruit in Lite Syrup
Juice
Milk

8

French Toast Sticks
Syrup
Fruit in Lite Syrup
Juice
Milk

11

Sausage Patty
Hashbrown
Toast
Fruit in Lite Syrup
Juice & Milk

12

Bacon
Egg Patty
Toast
Fruit In Lite Syrup
Juice & Milk

13

Oatmeal
Cinnamon Toast
Fruit in Lite Syrup
Juice
Milk

14

Biscuit
Sausage Gravy
Fruit in Lite Syrup
Juice
Milk

15

18

19

20

21

22

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29