

# APRIL 2023

# Turkey Ford Elementary

## BREAKFAST



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



**Nutrition Tip:** Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Oatmeal  
Fruit  
Juice/milk

3

Danish  
Fruit  
Juice/milk

4

Breakfast pizza  
Fruit  
Juice/milk

5

Cereal  
Fruit  
Juice/milk

6

No school

7

Rice  
Fruit  
Juice/milk

10

Western omelet  
Biscuits  
Fruit  
Juice/milk

11

Mini pancake dogs  
Fruit  
Juice/milk

12

Cereal  
Fruit  
Juice/milk

13

Biscuits and gravy  
Fruit  
Juice/milk

14

Oatmeal  
Fruit  
Juice/milk

17

Breakfast burrito  
Fruit  
Juice/milk

18

Eggs with cheese  
Biscuits  
Fruit  
Juice/milk

19

cereal  
fruit  
juice/milk

20

Biscuits and gravy  
Fruit  
Juice/milk

21

Rice  
Fruit  
Juice/milk

24

Danish  
fruit  
juice/milk

25

**breakfast pizza  
fruit  
juice/milk**

26

Cereal  
Fruit  
Juice/milk

27

biscuits and gravy  
fruit  
juice/milk

28