

DECEMBER 2022

Turkey Ford

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.

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MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Oatmeal
sausage
fruit
juice/milk

5

Ham and eggs
toast
fruit
juice/milk

6

Breakfast burrito
fruit
juice/milk

7

pancakes
sausage
fruit
juice/milk

8

biscuits and gravy
sausage
fruit
juice/milk

9

Rice
sausage
fruit
juice/milk

12

National Cocoa Day
French toast
fruit
juice/milk

13

Western omelets
toast
fruit
juice/milk

14

cereal
fruit
juice/milk

15

Biscuits and gravy
sausage
fruit
juice/milk

16

no school

19

No school

20

No school

21

no school

22

No school

23

no school

26

no school

27

no school

28

no school

29

no school

30