

NOVEMBER 2023

Turkey Ford Elementary

BREAKFAST



This institution is an equal opportunity facility.



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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Muffin
Yogurt
Fruit
Juice
Milk

1

Cereal
Donut
Fruit
Juice
Milk

2

Biscuits and gravy
Fruit juice
milk

3

Sausage patty
Hash browns
Toast
Fruit
Juice milk

6

Breakfast burrito
Fruit
Juice
Milk

7

Muffin
Yogurt
Fruit
Juice
Milk

8

Oatmeal
Fruit
Juice
Milk

9

Biscuits and gravy
Fruit
Juice
Milk

10

Pancake bites
Fruit
Juice
Milk

13

Breakfast pizza
Fruit
Juice
Milk

14

Muffin
Yogurt
Fruit
Juice
Milk

15

Cereal
Cinnamon roll
Fruit
Juice
Milk

16

Biscuits and gravy
Fruit
Juice
Milk

17

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

French toast
Fruit
Juice
Milk

27

Breakfast pizza
Fruit
Juice
Milk

28

Muffin
Yogurt
Fruit
Juice
Milk

29

Oatmeal
Fruit
Juice
Milk

30