



MENUS FOR OCTOBER 2021

Telfair County Pre-K

This institution is an equal opportunity provider. Menus are subject to change.

Friday, October 1

**Ham Rolls
Chips
Carrots with
Ranch
Fruit
Milk**

**Early Release/
Homecoming**

Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals

We serve education every day™

Monday, October 4

**Steak Fingers
Green Beans
Steamed
Carrots
Roll
Fruit
Milk**

Tuesday, October 5

**Chicken Noodle
Soup
Cheese Bites
Lima Beans
Fruit
Milk**



Wednesday, October 6

**Chicken
Tenders
Yam Patty
Turnips
Roll
Fruit
Milk**

Thursday, October 7

**Chili
Baked Potato
Corn
Crackers
Fruit
Milk**

Friday, October 8

**Pizza
French Fries
Fruit
Milk**

Monday, October 11

Columbus Day



No School

Tuesday, October 12

**Vegetable Beef
Soup
PB&J Sandwich
Fried Okra
Fruit
Milk**

Wednesday, October 13

**Salisbury Steak
Rice with Gravy
Steamed
Broccoli
Roll
Fruit
Milk**

Thursday, October 14

**Chicken Pot Pie
Salad Cup
Roll
Fruit
Milk**

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Friday, October 15

**Ham Rolls
Chips
Carrots with
Ranch
Fruit
Milk**

Monday, October 18

Steak Fingers
Green Beans
Steamed
Carrots
Roll
Fruit
Milk

BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer." Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



ANIMAL APPETITES

Tuesday, October 19

Chicken Noodle
Soup
Cheese Bites
Lima Beans
Fruit
Milk

Wednesday, October 20

Chicken
Tenders
Yam Patty
Turnips
Roll
Fruit
Milk

Thursday, October 21

Chili
Baked Potato
Corn
Crackers
Fruit
Milk

Friday, October 22

Pizza
French Fries
Fruit
Milk

Monday, October 25

Chicken Nuggets
Black eyed Peas
Roll
Fruit
Milk

Tuesday, October 26

Vegetable Beef
Soup
PB&J Sandwich
Fried Okra
Fruit
Milk

Wednesday, October 27

Salisbury Steak
Rice with Gravy
Steamed
Broccoli
Roll
Fruit
Milk

**YOU NEVER KNOW
WHAT YOU MIGHT
RUN INTO OUT THERE!**



**STAY ALERT
& BE SAFE!**

Thursday, October 28

Chicken Pot Pie
Salad Cup
Roll
Fruit
Milk

Friday, October 29

Ham Rolls
Chips
Carrots with
Ranch
Fruit
Milk

Trunk or Treat



**What's on
YOUR
plate?**

Q:

**Besides carving, what else
can you POSSIBLY do with
a pumpkin?!**

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!



Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html