



## MENUS FOR OCTOBER 2021

**Telfair County Elementary**

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

Friday, October 1

Pepperoni Pizza  
Sweet Potato  
Fries  
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

Hot Ham and  
Cheese  
Baked Beans  
French Fries  
Fruit  
Milk

Tuesday, October 5

Chicken Nuggets  
Green Beans  
Garlic Bread  
Fruit  
Milk



Wednesday, October 6

Hamburger  
Steak  
Rice with Gravy  
Turnips  
Cornbread  
Fruit  
Milk

Thursday, October 7

Beef Nacho Dip  
Salsa Cup  
Chips  
Garden Salad  
Cup  
Fruit  
Milk

Friday, October 8

Pepperoni Pizza  
Sweet Potato  
Fries  
Fruit  
Milk

Monday, October 11

**Columbus Day**



**No School**

Tuesday, October 12

Steak Fingers  
Creamed  
Potatoes  
Roasted Carrots  
Roll  
Fruit  
Milk

Wednesday, October 13

Chicken and  
Waffles  
Garden Salad  
Fruit  
Juice  
Milk

Thursday, October 14

Spaghetti  
Roasted  
Broccoli  
Garlic Bread  
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

Pepperoni Pizza  
Corn  
Fruit  
Milk



Monday, October 18

Cheeseburger  
Baked Beans  
French Fries  
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

Tacos  
Lettuce,  
Tomatoes,  
Cheese, Sour  
Cream  
Fruit  
Fruit Icee  
Milk

Wednesday, October 20

Chicken Pot Pie  
Roasted  
Broccoli  
Roll  
Fruit  
Milk

Thursday, October 21

Beef Nacho Dip  
Salsa Cup  
Chips  
Garden Salad  
Cup  
Fruit  
Milk

Friday, October 22

Pepperoni Pizza  
Sweet Potato  
Fries  
Corn  
Fruit  
Milk

Monday, October 25

Hot Ham and  
Cheese  
Baked Beans  
French Fries  
Fruit  
Milk

Tuesday, October 26

Chicken Fajita  
Carrots with  
Ranch  
Fruit  
Milk

Wednesday, October 27

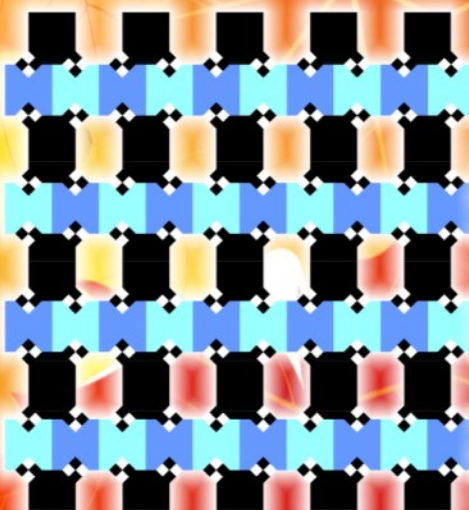
Chicken  
Tenders  
Creamed  
Potatoes  
Turnips  
Cornbread  
Fruit  
Milk

Thursday, October 28

Spaghetti  
Corn  
Garlic Bread  
Fruit  
Milk

Friday, October 29

Pepperoni Pizza  
Sweet Potato  
Fries  
Fruit  
Milk



## Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)