

Menus for November 2021

Telfair County Pre-K

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

Wednesday, November 3

Chicken
Tenders
Yam Patty
Turnips
Roll
Fruit
Milk

Thursday, November 4

Chili
Baked Potato
Corn
Crackers
Fruit
Milk

Friday, November 5

Pizza
French Fries
Fruit
Milk

Monday, November 1

Steak Fingers
Green Beans
Steamed
Carrots
Roll
Fruit
Milk

Tuesday, November 2

Chicken Noodle
Soup
Cheese Bites
Lima Beans
Fruit
Milk

Monday, November 8

Chicken Nuggets
Black eyed Peas
Roll
Fruit
Milk

Tuesday, November 9

Vegetable Beef
Soup
PB&J Sandwich
Fried Okra
Fruit
Milk

Thursday, November 11

Chicken Pot Pie
Salad Cup
Roll
Fruit
Milk

Friday, November 12

Ham Rolls
Chips
Carrots with
Ranch
Fruit
Milk



What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?" More importantly, you might ask, "Why is this watermelon square?!" These square melons debuted in Japan as a trendy gift, selling for around \$200 each. They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



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

Raise your hand if you've been helped by a teacher.



American Education Week ♦ November 15-19

WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



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

I am the letter

C



cranberries

Monday, November 15

Steak Fingers
Green Beans
Steamed Carrots
Roll
Fruit
Milk

Tuesday, November 16

Chicken Noodle
Soup
Cheese Bites
Lima Beans
Fruit
Milk



Wednesday, November 17

Ham Sandwich
Carrots with
Ranch
Fruit
Milk

THANKSGIVING FEAST

Please
join us!

All the
trimmings!

Thursday, November 18

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Turkey
Dressing
Green Beans
Yam Patty
Cranberry
Sauce
Roll
Fruit
Milk

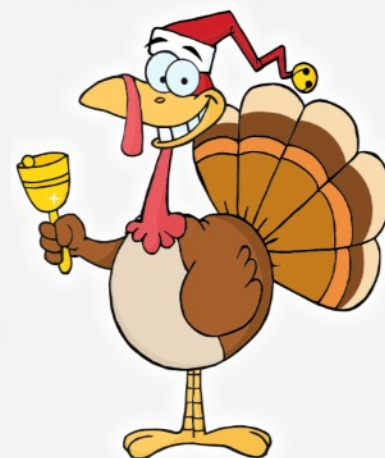
Friday, November 19

Pizza
French Fries
Fruit
Milk

Only

15
more
school
days
'til

Christmas
Break!



Monday, November 29

Chicken Nuggets
Black eyed Peas
Roll
Fruit
Milk

Tuesday, November 30

Vegetable Beef
Soup
PB&J Sandwich
Fried Okra
Fruit
Milk

