

# Menus for November 2021

**Telfair County Elementary School**

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



**Monday, November 1**

Grilled Chicken  
Sandwich  
Baked Beans  
French Fries  
Fruit  
Milk

**Tuesday, November 2**

Chicken Nuggets  
Green Beans  
Garlic Bread  
Fruit  
Milk

**Wednesday, November 3**

Hamburger  
Steak  
Rice with Gravy  
Turnips  
Cornbread  
Fruit  
Milk

**Thursday, November 4**

Vegetable Beef  
Soup  
PB&J Sandwich  
Fried Okra  
Fruit  
Milk

**Friday, November 5**

Pepperoni Pizza  
Sweet Potato  
Fries  
Fruit  
Milk



**What's on  
YOUR  
plate?**

**Monday, November 8**

Corndog  
Baked Beans  
Fruit  
Milk

**Tuesday, November 9**

Chicken Fajita  
Roasted Carrots  
Fruit  
Milk

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



American Education Week ♦ November 15-19

**Wednesday, November 10**

Chicken and  
Waffles  
Garden Salad  
Fruit  
Juice  
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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Thursday, November 11**

Spaghetti  
Roasted  
Broccoli  
Garlic Bread  
Fruit  
Milk

**Friday, November 12**

Pepperoni Pizza  
Corn  
Fruit  
Milk



# ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.

Wednesday, November 17

Turkey  
Dressing  
Green Beans  
Yam Patties  
Cranberry  
Sauce  
Roll  
Fruit  
Milk

## 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!**

Monday, November 15

Cheeseburger  
Baked Beans  
French Fries  
Fruit  
Milk

Tuesday, November 16

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

Thursday, November 18

Vegetable Beef  
Soup  
PB&J Sandwich  
Fried Okra  
Fruit  
Milk

Friday, November 19

Pepperoni Pizza  
Sweet Potato  
Fries  
Fruit  
Milk

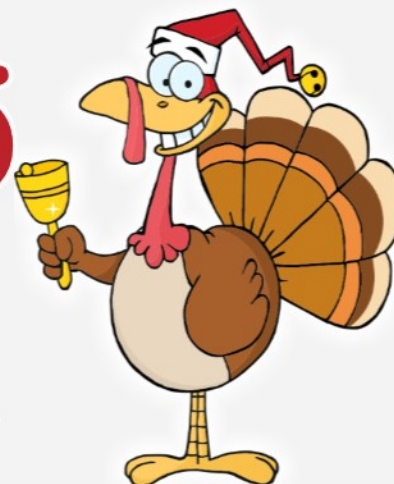
# THANKSGIVING FEAST

Please  
join us!

All the  
trimmings!

Wednesday, November 17

Only  
**15**  
more  
school  
days  
'til  
Winter  
Break!



Monday, November 29

Hot Ham and  
Cheese  
Baked Beans  
French Fries  
Fruit  
Milk

Tuesday, November 30

Chicken Fajita  
Carrots with  
Ranch  
Fruit  
Milk

