

Menus for November 2021

Telfair County Middle/High

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

Available Daily

Garden Salad
Fruit cup
Fresh Fruit
Choice of Milk


**KEEP
CALM
AND
GO**

TROJANS!!

Featured Specials of the Day

Monday, November 1

Cheeseburger or Ham and Cheese on Croissant
Baked Beans
French Fries

Tuesday, November 2

Vegetable Beef Soup with PB&J
Bento Box
Fried Okra
Fruit Ice

Wednesday, November 3

Hamburger Steak or Turkey Sandwich
Turnip Greens
Rice with Gravy
Cornbread

Thursday, November 4

Totchos or Corndog
Baby Carrots with Ranch
Fruit Ice
Cookie

Friday, November 5

Pepperoni Pizza or Hotdog
Sweet Potato Fries
Coleslaw
Fruit Ice

Featured Specials of the Day

Monday, November 8

Chicken Sandwich or Rib Sandwich
French Fries
Baked Beans
Fruit Ice

Tuesday, November 9

Spaghetti or Ham and Cheese on Croissant
Garlic Toast
Green Beans
Fruit Ice

Wednesday, November 10

Chicken Tenders or Turkey Sandwich
Roasted Broccoli
Rolls
Salad Cup

Thursday, November 11

Chicken Nachos or Corn dog
Black Beans and Corn
Fruit Ice

Friday, November 12

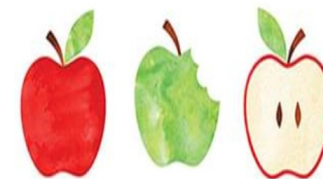
Pepperoni Pizza or Hot Dog
Sweet Potato Fries
Salad Cup
Corn

DON'T FORGET!



SUNDAY, NOV. 7

CELEBRATING
American Education Week!





Please
Join us for our
**Thanksgiving
Feast**
**Wednesday,
November 17**

Featured Specials of the Day

Monday, November 15

Cheeseburger or Ham and Cheese on Croissant
Baked Beans
French Fries

Tuesday, November 16

Vegetable Beef Soup with PB&J
Bento Box
Fried Okra
Salad Cup

Wednesday, November 17

Turkey and Dressing or Ham Sandwich
Green Beans
Yam Patties
Rolls
Cranberry Sauce

Thursday, November 18

Totchos or Corn dog
Roasted Broccoli
Cookie
Fruit Icee

Friday, November 19

Pepperoni Pizza or Hotdog
Sweet Potato Fries
Coleslaw

Thanks giving

**NO SCHOOL WEEK
OF NOV. 22-26!
ENJOY YOUR HOLIDAY!
SEE YOU NOV. 29!**

Featured Specials of the Day

Monday, November 29

Chicken Sandwich or Rib Sandwich
Baked Beans
French Fries

Tuesday, November 30

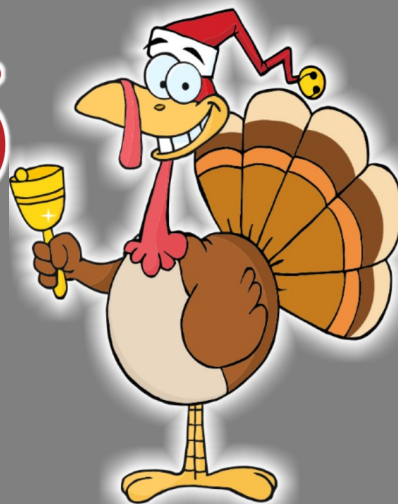
Spaghetti or Ham and Cheese on Croissant
Roasted Broccoli
Roasted Carrots
Garlic Bread
Fruit Icee

NUTRITION TO GO

Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

A QUICK BITE FOR TEENS

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



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!**