



# Menus for **May 2023**

## Telfair Pre-K

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

Monday, May 1

Hot dog  
French Fries  
Baked Beans  
Fruit  
Milk



Tuesday, May 2

Smoked Sausage  
Mac & Cheese  
Peas and Carrots  
Roll  
Fruit  
Milk

Wednesday, May 3

Chicken Tenders  
Creamed Potatoes  
Turnips  
Cornbread  
Fruit  
Milk

Thursday, May 4

Tacos  
Lettuce, Tomato, Cheese  
Mexican Corn and Beans  
Fruit  
Milk

Friday, May 5

Pizza  
Sweet Potato Fries  
Fruit  
Milk



Monday, May 8

Steak Fingers  
Green Beans  
Roll  
Fruit  
Milk

Tuesday, May 9

Totchos  
Corn on the Cob  
Cookie  
Fruit  
Milk

Wednesday, May 10

Hamburger  
Steak  
Rice with Gravy  
Fried Okra  
Roll  
Fruit  
Milk

### **NUTRITION TO GO**

Most beef hot dogs contain between 10 and 16 grams of fat. Hot dogs made from chicken or turkey usually contain about 6 to 10 grams. But if you choose lower-fat items to go along with it, you needn't worry about eating an occasional doggie this summer, no matter what its pedigree!

**A QUICK BITE FOR PARENTS**

Thursday, May 11

Chicken Nuggets  
Broccoli  
Roll  
Fruit  
Milk



Friday, May 12

Ham and Cheese Roll-ups  
Carrots with Ranch  
Chips  
Fruit  
Milk

Monday, May 15

Chicken Tenders  
Black-eyed Peas  
Roll  
Fruit  
Milk  
And a Chocolate  
Chip Cookie

National  
Chocolate Chip  
Cookie Day



Tuesday, May 16

Cheeseburger  
French Fries  
Fruit  
Milk



Wednesday, May 17

Chicken Legs  
Yam Patty  
Green Beans  
Roll  
Fruit  
Milk

Thursday, May 18

Pancakes  
Sausage  
Potato Wedges  
Fruit  
Milk

Friday, May 19

Pizza  
Sweet Potato  
Fries  
Fruit  
Milk

Monday, May 22

Hot Ham and  
Cheese  
Sandwich  
Baked Beans  
French Fries  
Fruit  
Milk

Tuesday, May 23

Corn Dog  
Nuggets  
Green Beans  
Roll  
Fruit  
Milk

**Q:** How  
much  
sugar  
do you eat?



**A:** If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

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)

Wednesday, May 24

Manager's



Choice

Thursday, May 25

Grand



Finale



Friday, May 26

Sack Lunch  
PB&J  
Sandwich  
Chips  
Carrots  
Fruit  
Milk

Last Day of  
School

