



Menus for May 2023

**Telfair County
Elementary**

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

Monday, May 1

- 1.Sloppy Joe
- 2.Turkey on Croissant
- Baked Beans
- French Fries
- Fruit Milk



**TEACHER
APPRECIATION
WEEK**

Tuesday, May 2

- 1.Chicken Fajita
- 2.Corn dog
- Salsa Cup
- Black Beans and Corn
- Fruit Milk

Wednesday, May 3

- 1.Lemon Pepper Chicken
- 2.Steak Fingers
- Mac & Cheese
- Turnips
- Cornbread
- Fruit Milk

Thursday, May 4

- 1.Spaghetti
- 2.Chef Salad with Diced Ham
- Roasted Carrots
- Garlic Bread
- Fruit Milk

Friday, May 5

- Hot dog
- Chips
- Carrots with Ranch
- Fruit Milk

Farm Day



Monday, May 8

- 1.Cheeseburger
- 2.Rib Sandwich
- Baked Beans
- French Fries
- Fruit Milk

Tuesday, May 9

- 1.Chicken Pot Pie
- 2.Corn dog
- Roasted Broccoli
- Roll
- Fruit Milk

Wednesday, May 10

- 1.Hamburger Steak
- 2.Chicken Tender
- Creamed Potatoes
- Turnips
- Cornbread
- 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

- 1.Hamburger Dip
- 2.Ham and Cheese on Croissant
- Nacho Chips
- Wango Mango Juice
- California Veggies
- Fruit Milk



**Happy
Mother's Day
Sunday,
May 14**

Friday, May 12

- 1.Pepperoni Pizza
- 2.Chicken Nuggets
- Sweet Potato Fries
- Corn Roll
- Fruit Milk

Monday, May 15

1. Sweet and Sour Chicken
2. Corn dog
Rice
Roasted Carrots
Fortune Cookie
Fruit
Milk
- AND a Chocolate
Chip Cookie

National Chocolate
Chip Cookie Day

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Tuesday, May 16

1. Spaghetti
2. Ham and Cheese on Croissant
Roasted Broccoli
Garlic Bread
Fruit
Milk



What's on
YOUR
plate?



Wednesday, May 17

1. Chicken Tenders
2. Steak Fingers
Waffles
Salad Cup
Orange Juice
Potato Wedges
Fruit
Milk

Thursday, May 18

1. Buffalo Chicken Dip
2. Chef Salad with Chicken
Salad
Nacho Chips
Salad Cup
Fruit
Milk

Friday, May 19

1. BBQ Sandwich
2. Hot dog
Baked Beans
French Fries
Fruit
Milk

Monday, May 22

1. Totchos
2. Turkey and Cheese on Croissant
Corn
Fruit
Milk

Tuesday, May 23

1. Chicken Pot Pie
2. Rib Sandwich
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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Wednesday, May 24

1. Hamburger Steak
2. Chicken Nuggets
Rice with Gravy
Turnips
Cornbread
Fruit
Milk

Thursday, May 25

1. Cheeseburger
2. Hot dog
Baked Beans
French Fries
Fruit
Milk

Congratulations
CLASS OF
2023

Friday, May 26

- Pepperoni Pizza
Carrots with Ranch
Fruit Icee
Milk

Last Day of School
Early Release

