

Menus for May 2023

Telfair County Middle/ High

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

Available Daily

Garden Salad
Fresh Fruit
Fruit Cup
Choice of Milk



Featured Specials of the Day

Monday, May 1

Cheeseburger or Rib Sandwich
Baked Beans
French Fries
Fruit Icee

Tuesday, May 2

BBQ Sandwich or Hot dog
Coleslaw
Sweet Potato Fries

Wednesday, May 3

Baked Chicken or Hamburger Steak
Rice with Gravy
Roasted Broccoli
Roll

Thursday, May 4

Totchos or Ham and Cheese on Croissant
Tater Tots
Salad Cup
Cookie
Fruit Icee

Friday, May 5

Pepperoni Pizza or Turkey and Cheese on Croissant
Corn
Salad Cup

Featured Specials of the Day

Monday, May 8

Chicken Sandwich or Corndog
Baked Beans
French Fries

Tuesday, May 9

Tacos or Ham and Cheese on Croissant
Lettuce, Tomato, Cheese, Sour Cream
Taco Beans
Corn on the Cob

Wednesday, May 10

Chicken Tenders or Steak Fingers
Waffles
Salad Cup
Potato Wedges
Orange Juice

Thursday, May 11

Spaghetti or Chef Salad with Diced Ham
Garlic Bread
Roasted Broccoli
Salad Cup
Fruit Icee

Friday, May 12

Chicken Nuggets or Turkey and Cheese on Croissant
Sweet Potato Fries
Salad Cup
Roll

Cinco



May 5

In Mexico, Cinco de Mayo marks a famous Mexican military victory. In the United States and elsewhere around the world, the day is a celebration of Mexican heritage and culture. Cinco de Mayo is really a bigger deal here than it is in Mexico!

Mother's Day is Sunday, May 14 Don't forget Mom!



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!

Featured Specials of the Day

Monday, May 15

Cheeseburger or Rib Sandwich
French Fries
Baked Beans
Fruit Icee

Tuesday, May 16

BBQ Sandwich or Hotdog
Coleslaw
Sweet Potato Fries

Wednesday, May 17

Hamburger Steak or Ham and Cheese on Croissant
Rice with Gravy
Broccoli
Salad Cup
Roll

Thursday, May 18

Totchos or Corndog
Tater Tots
Cookie
Salad Cup

Friday, May 19

Pepperoni Pizza or Turkey Sandwich
Coleslaw
Salad Cup

Featured Specials of the Day

Monday, May 22

Buffalo Chicken Dip or Ham and Cheese on Croissant
Nacho Chips/Salsa
Salad Cup

Tuesday, May 23

Chicken Sandwich or Rib Sandwich
Green Beans
Salad Cup

Wednesday, May 24

Chicken Tenders or Steak Fingers
Creamed Potatoes
Roasted Broccoli
Rolls

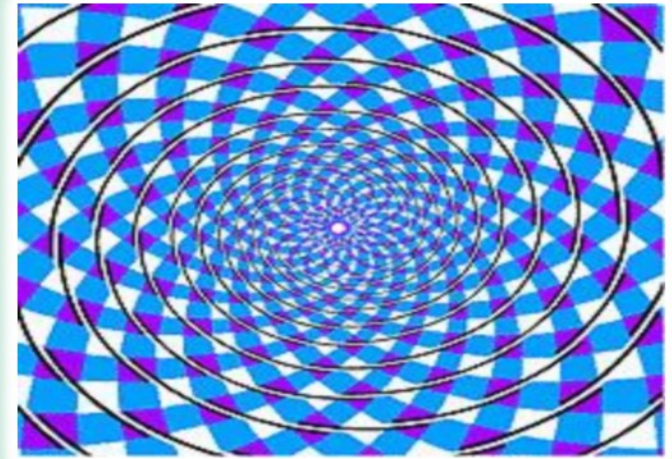
Thursday, May 25

Spaghetti or Corndog
Corn
Garlic Bread
Salad Cup

Friday, May 26

GRADUATION

Pepperoni Pizza or Ham Sandwich
French Fries
Salad Cup
Fruit Icee



The Fraser Spiral Illusion

You're looking at one of the strongest optical illusions known to science. It's not a spiral at all - it's a series of circles. The background makes it appear to be a spiral. Try tracing one of the circles if you're not convinced.



★ You did it!


Congratulations
CLASS OF
2023

HAVE A
GREAT
Summer
