**Menus For August 2023**

**Telfair County Elementary**

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

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**DON’T 4 GET!**

To make a lunch, choose at least one:
- Fruit/Juice
- Veggie

and 3-5 items total:
- Grains
- Milk
- Protein
- Fruit/Juice
- Vegetables

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**NUTRITION TOGO**

Broccoli is a “smart carb,” a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli is good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

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<table>
<thead>
<tr>
<th>Monday, August 7</th>
<th>Tuesday, August 8</th>
<th>Wednesday, August 9</th>
<th>Thursday, August 10</th>
<th>Friday, August 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Beans</td>
<td>Green Beans</td>
<td>Rice with gravy</td>
<td>Salad with Turkey</td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td>Garlic Bread</td>
<td>Turnips</td>
<td>Roasted Carrots</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Salsa Cup</td>
<td>Cornbread</td>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td></td>
<td>Fruit</td>
<td></td>
</tr>
</tbody>
</table>

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We’re SO GLAD to see you! It’s going to be a GREAT YEAR and we can’t wait to serve your meals!
### Weekly Meal Plan

**Monday, August 14**
1. Cheeseburger  
2. Rib Sandwich  
Baked Beans  
French Fries  
Fruit  
Milk

**Tuesday, August 15**
1. Chicken Pot Pie  
2. Grilled Cheese  
Green Beans  
Roll  
Fruit  
Milk

**Wednesday, August 16**
1. Chicken Tenders  
2. Hamburger  
Steak  
Creamed Potatoes  
Turnips  
Cornbread  
Fruit  
Milk

**Thursday, August 17**
1. Totchos  
2. Salad Plate with Turkey  
Roasted Carrots  
Fruit Icee  
Milk

**Friday, August 18**
1. Chicken Nuggets  
2. Steak Nuggets  
Sweet Potato Fries  
Salad Cup  
Fruit  
Milk

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**Monday, August 21**
1. Corndog  
2. Ham and Cheese Sandwich  
Baked Beans  
Seasoned Fries  
Fruit  
Milk

**Tuesday, August 22**
1. Sloppy Joe  
2. Turkey Sandwich  
Baked Beans  
Roasted Carrots  
Salad Cup  
Fruit  
Milk

**Wednesday, August 23**
1. Hamburger Steak  
2. Steak Fingers  
Rice with gravy  
Turnips  
Cornbread  
Fruit  
Milk

**Thursday, August 24**
1. Spaghetti  
2. Chicken Fajita  
Green Beans  
Garlic Bread  
Salsa Cup  
Fruit  
Milk

**Friday, August 25**
1. Pepperoni Pizza  
2. Hot dog  
Corn  
Salad Cup  
Fruit  
Milk

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**Monday, August 28**
1. Cheeseburger  
2. Rib Sandwich  
Baked Beans  
French Fries  
Fruit  
Milk

**Tuesday, August 29**
1. Chicken Pot Pie  
2. Grilled Cheese  
Green Beans  
Roll  
Fruit  
Milk

**Wednesday, August 30**
1. Chicken Tenders  
2. Hamburger Steak  
Creamed Potatoes  
Turnips  
Cornbread  
Fruit  
Milk

**Thursday, August 31**
1. Totchos  
2. Salad Plate with Diced Ham  
Roasted Carrots  
Fruit Icee  
Milk

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**Tastes like summer!**

Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year — but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor — eat some delicious summertime tomatoes the way nature “packaged” them — warm and juicy, right off the vine!

Learn more at [www.choosemyplate.gov](http://www.choosemyplate.gov) or [https://kidshealth.org/kid/healthy/foodpyramid.html](https://kidshealth.org/kid/healthy/foodpyramid.html)