

MENUS FOR OCTOBER 2023



Telfair Pre-K

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

STAY!!!!!!

Feeling sick as a dog?
If you think it's the flu,
please do yourself,
your teachers,
your classmates,
and their families a
favor and stay home
until your fever's been gone
for at least 24 hours. That's a good boy.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Georgia
**Pre-K
Week**

Monday, October 2

Steak Fingers
Black-eyed Peas
Rice and
Tomatoes
Roll
Fruit
Milk

Tuesday, October 3

BBQ Sandwich
Tater Tots
Fruit
Milk

Wednesday, October 4

Smoked Sausage
Mac and Cheese
Steamed
Cabbage
Cornbread
Fruit
Milk

Thursday, October 5

Chicken Pot Pie
Salad
Fruit
Milk

Friday, October 6

**NO
SCHOOL**
FALL BREAK

Falling for Fall Break

Break begins at the end of
classes:

Friday, October 6

Classes Resume:

Tuesday, October 10



Monday, October 9

Columbus Day



No School

Tuesday, October 10

Sweet and Sour
Chicken
Rice
Oriental Veggies
Fruit
Milk
Fortune Cookie

Wednesday, October 11

Chicken Tenders
Creamed
Potatoes
Turnips
Cornbread
Fruit
Milk

Thursday, October 12

Taco
Lettuce, Tomato,
Cheese, Sour
Cream
Black Beans and
Corn
Fruit
Milk

Friday, October 13

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

OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



Monday, October 16

**Steak Fingers
Black-eyed Peas
Rice and Tomatoes
Roll
Fruit
Milk**

Tuesday, October 17

**Sloppy Joe
Tater Tots
Fruit
Milk**

Wednesday, October 18

**Smoked Sausage
Mac and Cheese
Steamed Cabbage
Cornbread
Fruit
Milk**

Thursday, October 19

**Chicken Pot Pie
Salad
Fruit
Milk**

Friday, October 20

**Pizza
Sweet Potato
Fries
Fruit
Milk**

Monday, October 23

**Cheeseburger
Baked Beans
Fries
Fruit
Milk**

Tuesday, October 24

**Spaghetti
Garlic Bread
Glazed Carrots
Fruit
Milk**

Wednesday, October 25

**Chicken Tenders
Creamed Potatoes
Turnips
Cornbread
Fruit
Milk**

Thursday, October 26

**Taco
Lettuce, Tomato,
Cheese, Sour
Cream
Black Beans and
Corn
Fruit
Milk**

Friday, October 27

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

Monday, October 30

**Steak Fingers
Black-eyed Peas
Rice and Tomatoes
Roll
Fruit
Milk**

Tuesday, October 31

**Sloppy Joe
Tater Tots
Fruit
Milk**

Trunk or Treat

