MENUS OCTOBER **** 2023***

Telfair Elementary

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



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

WELLNESS IS A WAY OF LIFE!

Monday, October 2

1.Cheeseburger 2.Ham and Cheese Sandwich Baked Beans French Fries Fruit Milk

Tuesday, October 3

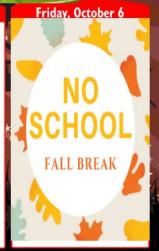
1.Chicken Sandwich 2.Corn dog Roasted Carrots Fruit Milk

Wednesday, October 4

1.Chicken Tenders 2.Steak Fingers Mac and Cheese Cabbage Cornbread Fruit Milk

Thursday, October 5

1.Taco
2.Turkey and
Cheese Sandwich
Lettuce, Tomato,
Cheese, Sour
Cream
Steamed Broccoli
Fruit
Milk



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

1.Chicken Pot Pie 2.Grilled Cheese Sandwich California Veggies Koll Fruit Milk

Wednesday, October II

1.Hamburger Steak 2.Chicken Tenders Creamed Potatoes Turnips Rolls Fruit Milk

Thursday, October 12

1.Sweet and Sour Chicken 2.Salad Plate with Diced Ham Rice Oriental Veggies Fruit Milk Fortune Cookie

Friday, October 13

1.BBQ Sandwich 2.Ham and Cheese on Croissant Corn Pill Pickle Icee Cup 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

1.Cheeseburger 2.Ham and Cheese Sandwich Baked Beans French Fries Fruit Milk

Tuesday, October 17

1.Chicken
Sandwich
2.Corn dog
Roasted Carrots
Fruit
Milk

Wednesday, October 18

1.Chicken Tenders 2.Steak Fingers Mac and Cheese Cabbage Cornbread Fruit Milk

Thursday, October 19

1.Tacos
2.Turkey and
Cheese Sandwich
Lettuce, Tomato,
Cheese, Sour
Cream
Steamed Broccoli
Fruit
Milk

Friday, October 20 1.Pepperoni Pizza 2.Hot dog Sweet Potato Fries Salad Cup Fruit Icee Milk

Monday, October 23

1.Sloppy Joe 2.Ham and Cheese Sandwich French Fries Baked Beans Fruit Milk

Tuesday, October 24

1.Chicken Pot Pie 2.Grilled Cheese Sandwich California Veggies Koll Fruit Milk

Wednesday, October 25

1.Hamburger Steak 2.Chicken Tenders Creamed Potatoes Turnips Rolls Fruit Milk

Thursday, October 26

1.Sweet and Sour Chicken 2.Salad Plate with Piced Ham Rice Oriental Veggies Fruit Milk Fortune Cookie

Friday, October 27

1.BBQ Sandwich 2.Ham and Cheese on Croissant Corn Pill Pickle Icee Cup Milk

Monday, October 30

1.Cheeseburger 2.Ham and Cheese Sandwich Baked Beans French Fries Fruit Milk

Tuesday, October 31

1. Creepy Chicken Sandwich 2. Crazy Corndog Creepy Carrots Frightful Fruit Icee Magical Milk

this month:

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that you won't touch them.

And no wonder -they have a strong flavor and are als

flavor and are also quite salty. But some grocery stores sell dozens of different kinds. SOMEBODY must be eating all those olives. Guess who? ADULTS!