

# MENUS FOR OCTOBER 2023



## Telfair Elementary

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!**

## Falling for Fall Break

Break begins at the end of classes:

Friday, October 6

Classes Resume:

Tuesday, October 10



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

Friday, October 6

**NO SCHOOL**  
FALL BREAK

Monday, October 9

**Columbus Day**



**No School**

Tuesday, October 10

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

Wednesday, October 11

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  
Dill Pickle  
Icее 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
- Roll
- 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 Diced Ham
- Rice
- Oriental Veggies
- Fruit
- Milk
- Fortune Cookie

Friday, October 27

1. BBQ Sandwich
2. Ham and Cheese on Croissant
- Corn
- Dill 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: **olives**

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

