

Menus for November 2023

Telfair
Elementary

*This institution is an
equal opportunity
provider and employer.*



Wednesday, November 1

- 1.Smoked Sausage
- 2.Meat Loaf

Mac and Cheese
Steamed Cabbage
Cornbread
Fruit Milk

Thursday, November 2

- 1.Spaghetti
- 2.Turkey and Cheese Sandwich

Steamed Broccoli
Garlic Bread
Fruit Milk



**SUNDAY,
NOV. 5**

**DON'T
FORGET
TO SET
YOUR
CLOCKS BACK
1 HOUR**

Friday, November 3

- 1.Pepperoni Pizza
- 2.Chicken Nuggets

Sweet Potato
Fries
Roll
Fruit Milk

Monday, November 6

- 1.Vegetable Beef Soup with PB&J Sandwich
- 2.Corndog

Fried Okra
Fruit Milk

Tuesday, November 7

- 1.Sloppy Joe
- 2.Turkey and Cheese Sandwich

Steamed Carrots
Fruit Milk

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,

veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, November 8

- 1.Hamburger Steak
- 2.Chicken Tenders

Creamed Potatoes
Turnips
Roll
Fruit Milk

Thursday, November 9

- 1.Sweet and Sour Chicken
- 2.Rib Sandwich

Rice
Oriental Veggies
Fruit Milk
Fortune Cookie

Friday, November 10

- 1.Hot dog
- 2.Ham and Cheese on Croissant

Baked Beans
French Fries
Fruit Milk

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

AMERICAN EDUCATION WEEK



November 13-17, 2023
#AEW2023 nea.org/aew

Monday, November 13

1. Chicken Noodle Soup with Grilled Cheese Sandwich
2. Turkey and Cheese Sandwich
- Steamed Broccoli
- Fruit
- Milk

Tuesday, November 14

1. Chicken Nuggets
2. Ham and Cheese Sandwich
- Roasted Carrots
- Fruit
- Milk

Wednesday, November 15

Thanksgiving Feast

Turkey and Dressing
Green Beans
Yam Patty
Cranberry Sauce
Roll
Fruit
Milk

Thursday, November 16

1. Spaghetti
2. Corndog
- Corn
- Garlic Bread
- Fruit
- Milk

Friday, November 17

1. Cheeseburger
2. Rib Sandwich
- Baked Beans
- French Fries
- Fruit
- Milk

GIVE THANKS




HAPPY THANKSGIVING!

SEE YOU MONDAY!

NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18 grams of fat, 4 of which are saturated. That's a third of the recommended daily maximum for both, and some of us eat FAR more than a cup! Surprisingly, a cup of gravy contains only 3-5 grams of fat. A little dressing's fine for special meals, but try not to overdo it.

A QUICK BITE FOR PARENTS


Monday, November 27

1. Vegetable Beef Soup with PB&J Sandwich
2. Corndog
- Fried Okra
- Fruit
- Milk

Tuesday, November 28

1. Sloppy Joe
2. Chicken Nuggets
- Steamed Carrots
- Fruit
- Milk

Only 13 more school days 'til Winter Break!



Wednesday, November 29

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

Thursday, November 30

1. Sweet and Sour Chicken
2. Rib Sandwich
- Rice
- Oriental Veggies
- Fruit
- Milk
- Fortune Cookie