

Menus for November 2023

Telfair Middle/High

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

Available Daily

Garden Salad Cup
Fresh Fruit
Fruit Cup
Choice of 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!

Featured Specials of the Day

Wednesday, November 1

Hamburger Steak or Corn dog
Rice with Gravy
Roll
Streamed Broccoli
Roasted Carrots

Thursday, November 2

Totchos or Turkey and Cheese on Croissant
Tater Tots
Salad Cup

Friday, November 3

Chicken Sandwich or Hot Ham and Cheese Sandwich
Corn on the Cob
Sweet Potato Fries
Fruit Ice

Monday, November 6

Pepperoni Pizza or Hot Dog
Coleslaw
French Fries

Tuesday, November 7

Tacos or Chicken Fajita
Lettuce, Tomato, Cheese, Sour Cream
Roasted Carrots
Taco Beans

Wednesday, November 8

Smothered Pork Chop or Hamburger Steak
Creamed Potatoes
Turnips
Cornbread

Thursday, November 9

Vegetable Beef Soup w/PB&J Sandwich or
Turkey and Cheese Sandwich Bento Box
Fried Okra
Salad Cup

Friday, November 10

BBQ Sandwich or Corn Dog
Sweet Potato Fries
Corn



**SUNDAY,
NOV. 5**

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

1 HOUR

4.2 BY THE NUMBERS
**IN MILLIONS. THE NUMBER OF
TIMES THE AVERAGE PERSON
BLINKS HIS OR HER EYES IN A YEAR**



Thank You
VETERANS

HONORING ALL WHO SERVED



PLEASE JOIN US FOR OUR



WEDNESDAY, NOVEMBER 15

Featured Specials of the Day

Monday, November 13

Cheeseburger or Rib Sandwich
Baked Beans
French Fries

Tuesday, November 14

Chicken Nuggets or Corn dog
Salad Cup
Roasted Broccoli
Fruit Icee

Wednesday, November 15

THANKSGIVING FEAST

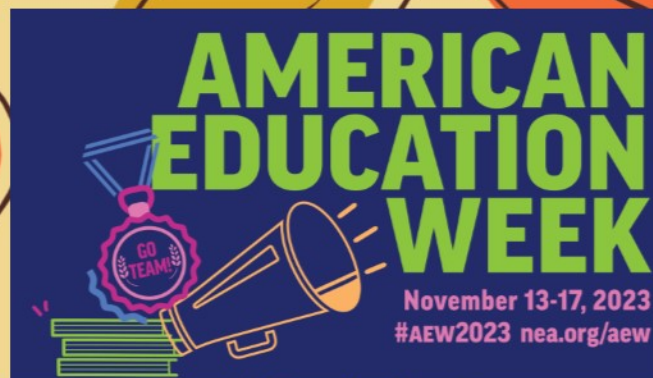
Turkey and Dressing or Turkey and Cheese on Croissant
Green Beans
Roll
Yam Patty
Cranberry Sauce

Thursday, November 16

Totchos or Ham on Croissant
Tater Tots
Salad Cup

Friday, November 17

Pepperoni Pizza or Hot dog
Coleslaw
Sweet Potato Fries



Featured Specials of the Day

Thanks
giving

ENJOY YOUR
HOLIDAY!

SEE YOU MONDAY!

Monday, November 27

General Tso's Chicken or Corndog
Rice
Vegetable Spring Roll
Oriental Veggies
Fortune Cookie

Tuesday, November 28

Vegetable Beef Soup with PB&J Sandwich or
Turkey and Cheese Bento Box
Fried Okra
Salad Cup

Wednesday, November 29

Chicken Tenders or Steak Fingers
Waffles
Potato Wedges
Salad Cup
Wango Mango Juice

Thursday, November 30

Spaghetti or Hot Ham and Cheese Sandwich
Corn
Garlic Bread