

# Menus for May

## Telfair County Middle/ High

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

### Available Daily

**Garden Salad**  
**Fresh Fruit**  
**Fruit Cup**  
**Choice of Milk**



### Featured Specials of the Day

#### Wednesday, May 1

BBQ Chicken or Hamburger Steak with Gravy  
Turnips  
Creamed Potatoes  
Cornbread

#### Thursday, May 2

Tacos or Chicken Fajitas  
Lettuce, Tomato, Cheese, Sour Cream  
Corn  
Taco Beans

#### Friday, May 3

Bento Box or Ham and Cheese on Croissant  
Sun Chips  
Salad Bowl  
Fruit Icee

### Featured Specials of the Day

#### Monday, May 6

Chicken Sandwich or Corndog  
Baked Beans  
French Fries  
Salad Bowl

#### Tuesday, May 7

Baked Pork Chops or Turkey and Cheese on Croissant  
Fried Okra  
Roasted Carrots  
Roll

#### Wednesday, May 8

Fried Chicken Legs or Rib Sandwich  
Rice with Gravy  
Steamed Cabbage  
Cornbread

#### Thursday, May 9

Spaghetti or Ham and Cheese on Croissant  
Garlic Bread  
Roasted Broccoli  
Salad Cup  
Fruit Icee

#### Friday, May 10

Chicken Tenders or Steak Fingers  
Waffles  
Potato Wedges  
Fruit Icee





## NUTRITION *TO GO*

**Pizza and fries – that has to be a junk food meal, right? WRONG! Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!**

### A QUICK BITE FOR TEENS

#### Featured Specials of the Day

##### Monday, May 13

Cheeseburger or Hot dog  
French Fries  
Baked Beans  
Fruit Icee

##### Tuesday, May 14

Hot Wings with Biscuit or Pizza  
Broccoli  
Corn  
Salad Bowl

##### Wednesday, May 15

Buffalo Chicken Wrap or Chef Salad with Diced Ham  
Onion Rings  
Dill Pickle Spear

##### Thursday, May 16

General Tso's Chicken or Steak Fingers  
Fried Rice  
California Veggies  
Spring Roll  
Wango Mango Juice  
Fortune Cookie

##### Friday, May 17

Bento Box or Cold Cut Sub  
Sun Chips  
Lettuce, Tomato, Pickles  
Salad Bowl

#### Featured Specials of the Day

##### Monday, May 20

MANAGER'S CHOICE

##### Tuesday, May 21

MANAGER'S CHOICE

##### Wednesday, May 22

MANAGER'S CHOICE

##### Thursday, May 23

MANAGER'S CHOICE

##### Friday, May 24

### GRADUATION

MANAGER'S CHOICE

## eatfit wanna stay fit? gotta eat right!

OK, so 6 to 12 teaspoons (tsp) of added sugar a day, MAX. How tough can that be? Well, check out the amount of added sugar in the common foods below -- and remember that the amount you eat may be much more than the serving sizes listed!

12 oz. Soda 10 tsp of added sugar

12 oz. Milk Shake 15 tsp

Candy Bar 5-15 tsp/typical serving

12 oz. Sports Drink 5 tsp

14 Jelly Beans 7 tsp

Packaged Fruit Pie 9 tsp

Frosted Cereal 3-5 tsp/cup

Ketchup 3-4 tsp/¼ cup

*These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables and unflavored milk.*



★ You  
did it!

  
*Congratulations*  
CLASS OF  
**2024**

HAVE A  
GREAT  
Summer  
