

Menus for May 2026

Telfair Middle/High

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

Available Daily

Salad Bar
Fruit Cup
Fresh Fruit
Choice of Milk

NUTRITION TO GO

Pork is the most widely eaten meat in the world. Pork consumption in America peaked at 60 lbs per person annually in 1971, falling to about 50 lbs in 2023.

Improved breeding and feeding techniques since the 80's have reduced the fat in pork, on average, by 31%, along with reductions in calories (14%) and cholesterol (10%).

A QUICK BITE FOR TEENS

Featured Specials of the Day

Friday, May 1

Corndog or Teriyaki Chicken Wings
Slaw
Sweet Potato Fries
Fruit Icee

Monday, May 4

Cheeseburger or Chef Salad with Diced Ham
Salad Bar
French Fries

Tuesday, May 5

Crispy Chicken Leg Quarters or Steak Fingers
Creamed Potatoes
Turnips
Cornbread
Jello

Wednesday, May 6

Kickin' Chicken Hoagie or Turkey Sub Sandwich
Lettuce, Sliced Tomato
Green Beans
Roasted Carrots

Thursday, May 7

Philly Steak Sub or Chef Salad with Grilled Chicken
Tater Tots
Corn on the Cob

Friday, May 8

Chicken Sandwich or BBQ Sandwich
Lettuce, Tomato, Pickles
Waffle Fries
Salad Bar

Mother's Day is Sunday, May 10
Don't forget Mom!



WE
OUR
TEACHERS!

Featured Specials of the Day

Monday, May 11

Chicken Nuggets or Smoked Sausage
Mac & Cheese
Cabbage
Biscuit
Salad Bar

Tuesday, May 12

Hamburger Steak or Ham and Cheese on Croissant
Creamed Potatoes
Turnips
Cornbread

Wednesday, May 13

Chicken Tenders or Steak Fingers
Waffles
Country Wedges
Salad Bar

Thursday, May 14

Beef Nachos or Chicken Nachos
Roasted Carrots
Refried Beans
Salsa Cup

Friday, May 15

Pepperoni Pizza or Chef Salad with Diced Ham
Green Peas
French Fries

TOASTED.

Just one bad, blistering sunburn when you're young doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!



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

eatfit

wanna stay fit?
gotta eat right!

item: water verdict: ripped

tip: Use water to power your workouts – and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!



Featured Specials of the Day

Monday, May 18

- Cheeseburger or Orange Grilled Chicken Bites
- Green Beans
- Salad Bar

Tuesday, May 19

- Walking Taco or Chef Salad with Tuna
- Lettuce, Tomato, Cheese, Sour Cream
- Roasted Broccoli
- Black Beans and Corn

Wednesday, May 20

- Ham Sub Sandwich or Turkey Sub Sandwich
- Country Wedges
- Lettuce & Tomato
- Salad Bar

Thursday, May 21

- Chicken Fajita or Hot Ham and Cheese
- Roasted Broccoli
- Refried Beans

Friday, May 22—

Last Day of School

- Hotdog or Corn dog
- French Fries
- Carrots with Ranch

THANK
YOU
FOR AN AMAZING
SCHOOL
YEAR



Congratulations
2026
GRADUATES