

MENUS FOR OCTOBER 2026



Telfair Pre-K

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

Thursday, October 1

Spaghetti
Corn
Garlic Bread
Fruit
Milk

Friday, October 2

Hot dog
Slaw
Sweet Potato
Fries
Fruit
Milk

Picture Day

OCTOBER IS

**Breast
Cancer**

AWARENESS
MONTH



Every complete meal
we serve comes with
your choice of milk!

Monday, October 5

Corndog
French Fries
Fruit
Milk

Tuesday, October 6

BBQ Sandwich
Cowboy Beans
Pickle
Fruit
Milk

Wednesday, October 7

Hamburger
Steak
Rice with Gravy
Turnips
Cornbread
Fruit
Milk

Thursday, October 8

Ham and Cheese
Roll ups
Chips
Carrots with Ranch
Fruit
Milk

Early Release
Homecoming
Parade

Friday, October 9



Homecoming

Monday, October 12

Columbus Day



No School

Tuesday, October 13

Grilled Cheese
Baked Beans
Fruit
Milk

Wednesday, October 14

Tater Tot
Casserole
Green Beans
Roll
Fruit
Milk

Thursday, October 15

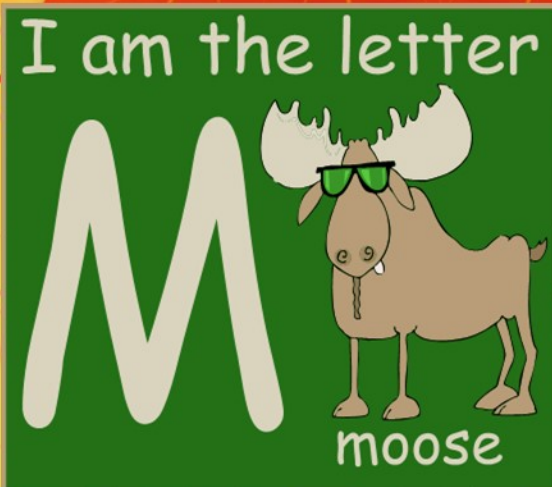
Chicken
Tenders
Turnips
Mac & Cheese
Roll
Fruit
Milk

Friday, October 16

Hot dog
Slaw
Sweet Potato
Fries
Fruit
Milk

Transportation
Day





Monday, October 19

**Cheeseburger
Baked Beans
Pickle
Fruit
Milk**

Tuesday, October 20

**Corndog
French Fries
Fruit
Milk**

Wednesday, October 21

**Hamburger
Steak
Rice with Gravy
Turnips
Cornbread
Fruit
Milk**

Thursday, October 22

**Chicken Pot Pie
Green Beans
Fruit
Milk**

Friday, October 23

**PBJ Sandwich
Cheese stick
Chips
Carrots with
Ranch
Fruit
Milk**

Monday, October 26

**BBQ Sandwich
Cowboy Beans
Pickle
Fruit
Milk**

Tuesday, October 27

**Grilled Cheese
Baked Beans
Fruit
Milk**

Wednesday, October 28

**Tater Tot
Casserole
Green Beans
Garlic Bread
Fruit
Milk**

Thursday, October 29

**Chicken
Tenders
Broccoli
Creamed
Potatoes
Fruit
Milk**

Friday, October 30

**Ham and
Cheese Roll ups
Chips
Carrots with
Ranch
Fruit
Milk**

Trunk or Treat



NUTRITION TO GO

Lots of kids and adults love yogurt – and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

A QUICK BITE FOR PARENTS

