

MENUS FOR OCTOBER 2026



Telfair Elementary

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

Monday, October 5

1. Cheeseburger
2. Ham and Cheese on Croissant
- Baked Beans
- Smile Potatoes
- Fruit Milk

Tuesday, October 6

1. General Tso's Chicken
2. Steak Fingers
- Rice
- Oriental Veggies/ Egg Roll
- Fortune Cookie
- Fruit Milk

Wednesday, October 7

1. Hamburger Steak
2. Chicken Nuggets
- Creamed Potatoes
- Turnips
- Cornbread
- Fruit Milk

Thursday, October 8

- Pepperoni Pizza
- Corn
- Carrots with Ranch
- Ice Milk
- Early Release
- Homecoming Parade

Friday, October 9



Monday, October 12

Columbus Day



No School

Tuesday, October 13

1. Chicken Pot Pie with Biscuit
2. Corndog
- Green Beans
- Roasted Sweet Potatoes
- Fruit Milk

Wednesday, October 14

1. Smoked Sausage
2. Grilled Cheese Sandwich
- Cabbage
- Mac and Cheese
- Cornbread
- Fruit Milk

Thursday, October 15

1. Spaghetti with Garlic bread
2. Salad Plate with Diced Ham
- Broccoli
- Roasted Carrots
- Fruit Milk

Friday, October 16

1. BBQ Sandwich
2. Hotdog
- Baked Beans
- French Fries
- Ice Milk

Thursday, October 1

1. Spaghetti with Garlic Bread
2. Salad Plate with Diced Ham
- Salad Cup
- Roasted Carrots
- Fruit Milk

Friday, October 2

1. BBQ Sandwich
2. Hotdog
- Slaw
- French Fries
- Fruit Ice Milk

OCTOBER IS

Breast Cancer

AWARENESS MONTH



Let's Make It a SWEET Week!

Monday

Now and Later

Fashions from your favorite decade!

Tuesday

Laffy Taffy

Dress tacky!

Wednesday

CANDY CRUSH

Candy Land or Willy Wonka characters!

Candy & Sweet Treat Inspired Outfits!

Thursday

HOME TEAM

Trojan Blue, Black, & White

Show how sweet it is cheering for the home team!

★ Have Fun ★ Show Your Spirit ★ Go Trojans! ★

did you know?

Pumpkins are usually orange but can sometimes be yellow, white, green or red.





Monday, October 19

1. Cheeseburger
2. Ham and Cheese on Croissant
- Green Beans
- Smile Potatoes
- Fruit
- Milk

Tuesday, October 20

1. General Tso's Chicken
2. Steak Fingers
- Rice
- Oriental Veggies/ Egg Roll
- Fortune Cookie
- Fruit
- Milk

Wednesday, October 21

1. Hamburger Steak
2. Chicken Nuggets
- Creamed Potatoes
- Turnips
- Cornbread
- Fruit
- Milk

Thursday, October 22

1. Walking Tacos
2. Turkey and Cheese Sub
- Lettuce, Tomato, Cheese, Sour Cream
- Salad Cup
- Refried Beans
- Salsa Cup
- Fruit
- Milk

Friday, October 23

1. Chicken Sandwich
2. Chef Salad with PBJ Sandwich
- Baked Beans
- Roasted Carrots
- Fruit
- Milk

Monday, October 26

1. Sloppy Joe
2. Turkey and Cheese on Croissant
- Veggies with Ranch Dressing
- French Fries
- Fruit
- Milk

Tuesday, October 27

1. Chicken Pot Pie with Biscuit
2. Corndog
- Lima Beans
- Roasted Sweet Potatoes
- Fruit
- Milk

Wednesday, October 28

1. BBQ Chicken Legs
2. Grilled Cheese Sandwich
- Creamed Potatoes
- Collards
- Cornbread
- Fruit
- Milk

Thursday, October 29

- Spaghetti with Garlic Bread
2. Salad Plate with Diced Ham
- Salad Cup
- Roasted Carrots
- EEEE Fruit Icee
- Milk

Friday, October 30

1. Pepperoni Pizza
2. Hotdog
- Slaw
- Corn
- Fruit
- Milk
- Halloween 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



RED RIBBON CAMPAIGN

OCTOBER 23-31, 2026

Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this year! Wear a red ribbon to show your commitment!

HAPPY HALLOWEEN

