



Menus for October 2021

Telfair County Middle/High

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



Available Daily

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

Breast Cancer Awareness Month
Honoring our Survivors!!
Ms. Vera Andrews
Mrs. Ginger Jones
Mrs. Kathy Kemp-Ivey

Featured Specials of the Day

Friday, October 1

Pepperoni Pizza or Hot Dog
 Coleslaw
 Sweet Potato Fries
 Fruit Icee

Homecoming/ Early Release

Monday, October 4

Cheeseburger or Ham and Cheese on Croissant
 Baked Beans
 French Fries

Tuesday, October 5

Tacos or Chef Salad
 Lettuce, Tomatoes, Cheese, Sour Cream
 Black Beans and Corn
 Roasted Carrots

Wednesday, October 6

Hamburger Steak or Turkey Sandwich
 Rice with Gravy
 Turnips
 Cornbread

Thursday, October 7

Totchos or Ham and Cheese on Croissant
 Baby Carrots
 Fruit Icee
 Cookie

Friday, October 8

Pepperoni Pizza or Hotdog
 Coleslaw
 Sweet Potato Fries
 Fruit Icee

Supply & demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But some of you probably work in local restaurants, so you know that food service businesses in general are facing unprecedented supply chain and labor challenges. And we're no different. Sometimes we may have to substitute an item at the last minute to give you the best, freshest options available that day. We thank all of you in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

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



Go Trojans!!!

Featured Specials of the Day

Monday, October 11

COLUMBUS DAY
No School

Tuesday, October 12

Trojan Chicken Bowl or Steak Fingers
Garlic Toast
Fruit Icee

Wednesday, October 13

Chicken Pot Pie or Turkey Sandwich
Green Beans
Broccoli
Rolls

Thursday, October 14

Chicken Nachos or Corn dog
Black Beans
Corn
Fruit Icee

Friday, October 15

Pepperoni Pizza or Hot dog
Coleslaw

Featured Specials of the Day

Monday, October 18

Cheeseburger or Ham and Cheese on Croissant
Baked Beans
French Fries
Fruit Icee

Tuesday, October 19

Tacos or Chef Salad
Lettuce, Tomato, Cheese, Sour Cream
Roasted Carrots

Wednesday, October 20

Hamburger Steak or Turkey Sandwich
Rice with Gravy
Turnips
Cornbread

Thursday, October 21

Totchos or Ham and Cheese on Croissant
Baby Carrots with Ranch
Fruit Icee
Cookie

Friday, October 22

Pepperoni Pizza or Hot Dog
Coleslaw
Sweet Potato Fries

Monday, October 25

Chicken Sandwich or Rib Sandwich
Baked Beans
French Fries

Tuesday, October 26

Spaghetti or Ham and Cheese on Croissant
Roasted Carrots
Roasted Broccoli
Fruit Icee

Wednesday, October 27

Chicken or Steak with Waffles
Country Fries
Salad Cup

Thursday, October 28

Firecracker Chicken Or Ham Sandwich
Baby Carrots with Ranch
Fried Rice
Fruit Icee

Friday, October 29

Pepperoni Pizza or Hot Dog
Coleslaw
Corn

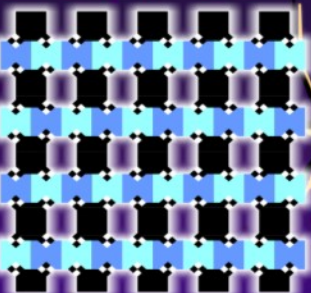


Scared Silly.



Why is it that many people love scary movies, haunted houses, and other spooky stuff? Fear is a primal emotion that supercharges our nervous systems. When we're in a situation where we know we were not truly in danger, we can experience the effects of fear – the rush of adrenaline and surge of endorphins – without risking any consequences, and even laugh ourselves silly about it!!

Only an Illusion



At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!