

MENUS FOR OCTOBER 2022

Telfair County Elementary

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

OCTOBER IS
*Breast
Cancer*
AWARENESS
MONTH



SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

Monday, October 3

1. Hot dog
2. Turkey on Croissant
Baked Beans
French Fries
Fruit Milk

Tuesday, October 4

1. Chicken Nachos
2. Grilled Cheese Sandwich
Salsa Cup
Black Beans and Corn
Fruit Milk

Wednesday, October 5

1. Meatloaf
2. Chicken Nuggets
Mac and Cheese
Turnips
Cornbread
Fruit Milk

Thursday, October 6

1. Spaghetti
2. Corndog
Roasted Carrots
Garlic Bread
Fruit Milk

Friday, October 7

NO
SCHOOL
FALL BREAK

Falling for Fall Break

Break begins at the end of classes:

Friday, October 7

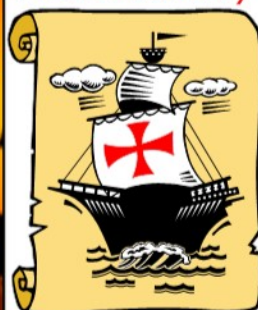
Classes Resume:

Tuesday, October 11



Monday, October 10

Columbus Day



No School

Tuesday, October 11

1. Chicken Sandwich
2. Fish Sandwich
Baked Beans
French Fries
Fruit Milk

Wednesday, October 12

1. Hamburger Steak
2. Ham and Cheese Sandwich
Creamed Potatoes
Turnips
Cornbread
Fruit Milk

Thursday, October 13

1. Beef a Roni
2. Salad Plate with Diced Ham
Roasted Carrots
Garlic Bread
Fruit Milk

Friday, October 14

1. Pepperoni Pizza
2. Chicken Nuggets
Sweet Potato Fries
Corn Roll
Fruit Milk

Monday, October 17

1. Hot dog
2. Rib Sandwich
Baked Beans
French Fries
Fruit
Milk

Tuesday, October 18

1. Chicken Nachos
2. Grilled Cheese Sandwich
Roasted Carrots
Fruit
Milk

Wednesday, October 19

1. Chicken Tenders
2. Steak Fingers
Waffles
Salad cup
Orange Juice
Fruit
Milk

Thursday, October 20

1. Sloppy Joe
2. Turkey and Cheese on Croissant
Broccoli
Fruit
Milk

Friday, October 21

1. BBQ Sandwich
2. Corn Dog
Dill Pickle
Cole Slaw
Fruit
Milk

NUTRITION TO GO

Pleasant fall weather may tempt your family to eat outdoors. But when the flowers are gone, bees and wasps are more likely to try to get in on the fun, too. What to do? Keep food and trash cans covered, of course, but adults should also avoid lots of perfume or hair spray -- bees are attracted to fragrances!

A QUICK BITE FOR PARENTS

Monday, October 24

1. Cheeseburger
2. Rib Sandwich
Baked Beans
French Fries
Fruit
Milk

Tuesday, October 25

1. Chicken Pot Pie
2. Grilled Cheese Sandwich
Green Beans
Roll
Fruit
Milk

Wednesday, October 26

1. Hamburger Steak
2. Chicken Nuggets
Rice with Gravy
Turnips
Cornbread
Fruit
Milk

Thursday, October 27

1. Spaghetti
2. Turkey and Cheese on Croissant
Broccoli
Garlic Bread
Fruit
Milk

Friday, October 28

1. Pepperoni Pizza
2. Ham and Cheese Sandwich
Sweet Potato
Fries
Fruit
Milk



**RED
RIBBON
CAMPAIGN**

OCTOBER 23-31, 2022

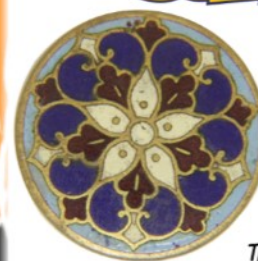
Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this year! Wear a red ribbon to show your commitment!

Monday, October 31

1. HAUNTED HOT DOG
2. ROCKY RIB SANDWICH
BOO BAKED BEANS
FRIGHTFUL FRENCH FRIES
FAIRY FRUIT
MONSTER MILK
SPOOKY SWEET TREAT



STRANGE BUT TRUE!



WHY ARE THE BUTTONS ON MEN'S AND WOMEN'S CLOTHES ON DIFFERENT SIDES? BUTTONS USED TO BE ELABORATE AND COSTLY, SO ONLY VERY WEALTHY PEOPLE HAD THEM. THE MEN DRESSED THEMSELVES, BUT THE WOMEN WERE DRESSED BY SERVANTS - WHO COULD FASTEN THE BUTTONS MORE EASILY IF THEY WERE REVERSED!

Word of the Month kind·ness

noun 1. goodness; benevolence

2. consideration for the feelings and well-being of people other than oneself

3. sympathy; gentle helpfulness