

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2023

Telfair County Elementary

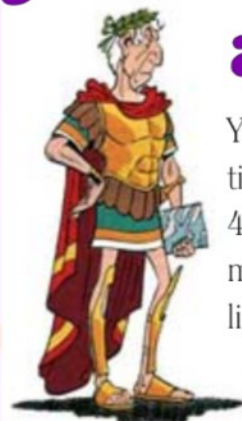
This institution is an equal opportunity provider. Menus are subject to change.

Tuesday, January 3

TEACHER
PLANNING DAY



**Just be glad it's 2023
and not 46 B.C.**



You think the school year seems long? By the time Julius Caesar reformed the calendar in 46 B.C., it was so out of whack that he had to make that year 455 days long to get everything lined up again! Now, *that's* a long school year!

Welcome Back!

Wednesday, January 4

- 1.Hamburger Steak
- 2.Turkey and Cheese Sandwich
- Rice with Gravy
- Roasted Broccoli
- Cornbread
- Fruit
- Milk

Thursday, January 5

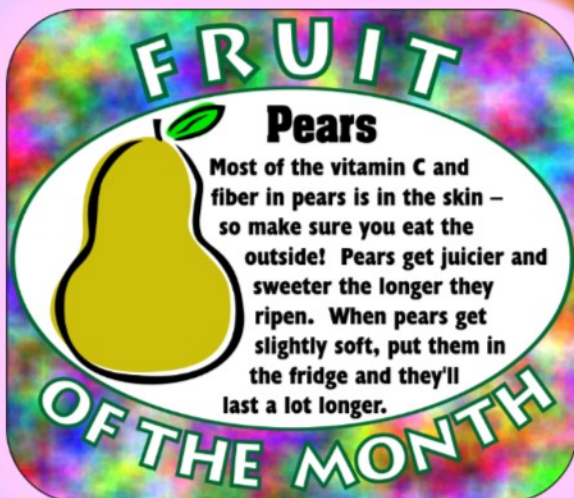
- 1.Chicken Noodle Soup with Grilled Cheese Sandwich
- 2.Corndog
- Roasted Carrots
- Fruit
- Milk

**NATIONAL
SOUP
MONTH**



Friday, January 6

- 1.Hotdog
- 2.Ham and Cheese on Croissant
- Baked Beans
- French Fries
- Fruit
- Milk



Monday, January 9

- 1.Hot Ham and Cheese Sandwich
- 2.Rib Sandwich
- Steamed Carrots
- Green Beans
- Fruit
- Milk

Tuesday, January 10

- 1.Cheeseburger
- 2.BBQ Sandwich
- Baked Beans
- French Fries
- Fruit
- Milk

Wednesday, January 11

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

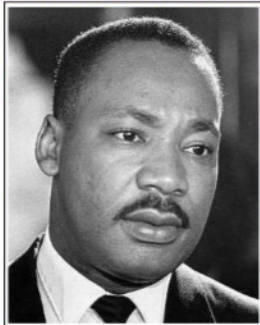
Thursday, January 12

- 1.Spaghetti
- 2.Chef Salad with Diced Ham
- Broccoli
- Garlic Bread
- Fruit
- Milk

Friday, January 13

- 1.Vegetable Beef Soup with PB&J Sandwich
- 2.Corndog
- Fried Okra
- Fruit
- Milk

Monday, January 16



*School will be closed today
in honor of the birthday of
Martin Luther King, Jr.*

Tuesday, January 17

1. Hot Dog
2. Turkey and Cheese on Croissant
- Baked Beans
- French Fries
- Fruit
- Milk

GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Wednesday, January 18

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

Thursday, January 19

1. Chili with Baked Potato
2. Corndog
- Cinnamon Roll
- Steamed Carrots
- Fruit
- Milk

Friday, January 20

1. Pepperoni Pizza
2. BBQ Sandwich
- Corn
- Salad Cup
- Fruit
- Milk

Monday, January 23

1. Vegetable Beef Soup with PB&J Sandwich
2. Corn dog
- Fried Okra
- Fruit
- Milk

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A QUICK BITE FOR PARENTS

Tuesday, January 24

1. Sweet and Sour Chicken
2. Rib Sandwich
- Rice
- Roasted Carrots
- Roll
- Fruit
- Milk



Wednesday, January 25

1. Chicken Tenders
2. Steak Patty
- Creamed Potatoes
- Turnips
- Cornbread
- Fruit
- Milk



Thursday, January 26

1. Sloppy Joe
2. Turkey and Cheese Sandwich
- Baked Beans
- French Fries
- Fruit
- Milk

Friday, January 27

1. Cheese Bites with Marinara
2. BBQ Sandwich
- Corn
- Salad Cup
- Fruit
- Milk

Monday, January 30

1. Cheeseburger Sliders
2. Ham and Cheese on Croissant
- French Fries
- Baked Beans
- Fruit
- Milk

Tuesday, January 31

1. Smoked Sausage
2. Steak Patty
- Mac and Cheese
- Cabbage
- Cornbread
- Fruit
- Milk