

MENUS FOR OCTOBER 2022



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

TELFAIR MIDDLE/HIGH

Available Daily

Garden Salad
Fresh Fruit
Fruit Cup
Choice of Milk

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!

Featured Specials of the Day

Monday, October 3

Hamburger Dip Or Corn dog
Nachos with Salsa
Baked Beans
Garden Salad

Tuesday, October 4

Chicken Nuggets or Steak Nuggets
Broccoli and Rice Casserole
Green Beans

Wednesday, October 5

Hamburger Steak or Ham and Cheese on Croissant
Rice with Gravy
Turnips
Cornbread

Thursday, October 6

Tortchos or Chef Salad with Diced Ham
Salad Cup
Black Beans and Corn
Cookie

Friday, October 7

No School
Fall Break

Success is not always
what you see.



OCTOBER IS
**BREAST CANCER
AWARENESS MONTH**



Featured Specials of the Day

Monday, October 10



Tuesday, October 11

Cheeseburger or Ham and Cheese on Croissant
French Fries
Roasted Carrots
Fruit Icee

Wednesday, October 12

Chicken Tenders or Steak Fingers
Waffles
Salad Cup
Potato Wedges
Orange Juice

Thursday, October 13

Spaghetti or Chef Salad with Diced Ham
Roasted Broccoli
Corn on the Cob
Garlic Bread

Friday, October 14

Chicken Nuggets or Turkey and Cheese on Croissant
Sweet Potato Fries
Salad Cup

4.25 BY THE NUMBERS
CANDY CORNS SOLD ANNUALLY
WOULD CIRCLE THE EARTH 4.25
TIMES IF LAID END TO END

Featured Specials of the Day

Monday, October 17

Hamburger Dip or Ham and Cheese on Croissant
Salsa and Nachos
Garden Salad

Tuesday, October 18

Chicken Sandwich or Meatball Sub
French Fries
Salad Cup
Fruit Icee

Wednesday, October 19

Fried Pork Steak or Turkey Sandwich
Creamed Potatoes
Turnips
Cornbread

Thursday, October 20

Tacos or Chef Salad with Diced Ham
Lettuce, Tomato, Cheese, Sour Cream
Black Beans and Corn
Fruit Icee

Friday, October 21

Chicken Nuggets with Roll or Hot dog
Coleslaw
Sweet Potato Fries

eat fit

wanna stay fit?
gotta eat right!



item:
pretzels
verdict:
twisted

tip: A twisted snack, indeed. Pretzels have zero fat and some fiber (especially if you eat whole-grain versions). But they're loaded with salt and, once you get your hand in that bag, you can easily eat 500 or more calories in no time. So be aware and try not to eat too many!



Based on one 1-ounce hard pretzel

Featured Specials of the Day

Monday, October 24

Corndog or Cheeseburger
Baked Beans
French Fries

Tuesday, October 25

Shrimp and Grits or Salad Plate with Diced Ham
Coleslaw
Broccoli
Roll

Wednesday, October 26

Hamburger Steak or Ham and Cheese on Croissant
Rice with Gravy
Green Beans
Roll

Thursday, October 27

Spaghetti or Chef Salad with Diced Ham
Corn
Salad Cup
Garlic Bread

Friday, October 28

Pepperoni Pizza or Turkey and Cheese Sandwich
Salad Cup
Sweet Potato Fries
Fruit Icee

Monday, October 31

Haunted Hamburger Dip or Howling Ham and Cheese on Croissant
Nightmare Nachos and Salsa
Scary Salad Cup



DON'T LET THIS HAPPEN TO YOU!!!

EVERYBODY THOUGHT IT WAS A
REALLY COOL
COSTUME,
BUT, IN REALITY,
NICK JUST
NATURALLY
TURNED INTO A
CREATURE WHEN HE
HADN'T EATEN LUNCH!



Happy Halloween