

# TELFAIR MIDDLE/HIGH



# 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

Totchos 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



# 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

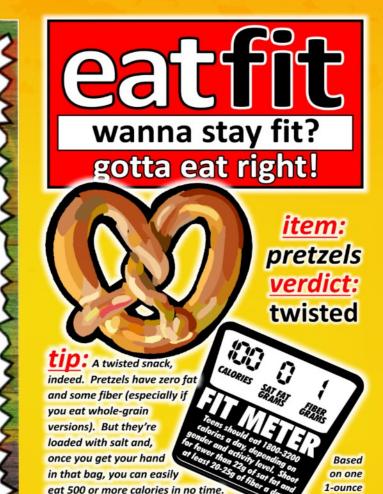
## Thursday, October 20

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

## Friday, October 21

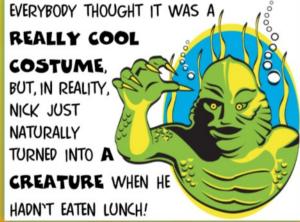
Chicken Nuggets with Roll or Hot dog Coleslaw Sweet Potato Fries





# DON'T LET THIS HAPPEN TO YOU!!!

So be aware and try not to eat too many!



# 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

reen Bean 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

lightmare Nachos and Sals Scary Salad Cup

