

SEPTEMBER 2020

Jeff Davis Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Breakfast: Steak Biscuit or Cereal or Parfait
fruit/ juice/ milk
Lunch: Popcorn
Chicken/ smiley fries/
celery w/peanut butter
cup/fruit/ Texas toast/
milk choice

2
Breakfast: Breakfast
Pizza or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Taco Salad
w/fixings lettuce/
tomato/ Spanish rice/
black beans/ corn/ fruit/
milk choice

3
Breakfast: Sausage
Biscuit or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Chicken on
Croissant w/lettuce/
tomato/ sweet potato
fries/ fruit/milk choice

4
Breakfast: Breakfast
Bowl or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Hot Ham &
Cheese Sandwich/ chips/
steamed broccoli/ fresh
veggies w/ranch/
apples/ milk choice

7
NO SCHOOL

8
Breakfast: Chicken
Biscuit or Cereal or
Parfait/ fruit/ juice/milk
Lunch: Sub Sandwich w/
fixings/ broccoli & dip/
chips/cookie/ fruit/ milk
choice

9
Breakfast: Blueberry
Muffins & Sausage
Link or Cereal or Parfait/
fruit /juice/milk
Lunch: Corn Dog/ French
fries/ baked beans/ fruit/
milk choice

10
Breakfast: Sausage
Biscuit or Cereal or Parfait/
juice/ fruit/ milk
Lunch: Chicken
Sandwich/quick baked
potato/ lettuce & tomato/
fruit/milk choice

11
Breakfast: Breakfast
Bowl or Cereal or Parfait
fruit/ juice/ milk
Lunch: Pizza/corn/carrot
bites w/ranch dressing/
salad/ fruit/ milk choice

14
Breakfast: Pancake
or Cereal or Parfait/
juice/ fruit/ milk
Lunch: Hot Dog/ French
fries/baked beans/milk
choice

15
Breakfast: Chicken
Biscuit or Cereal or
Parfait/ fruit/ milk
Lunch: Spaghetti/ peas
& carrots/ salad/ garlic
bread/ fruit/ milk
choice

16
Breakfast: French
Toast or Cereal or
Parfait/ fruit/ milk
Lunch: Chicken
Nuggets/ mac &
cheese/ green beans/
sweet potato/fruit/ milk
choice

17
Breakfast: Sausage
Biscuit or Cereal or
Parfait/ fruit/ milk
Lunch: BBQ on
Bun/steamed carrots/
coleslaw/ brownie/
apples/ milk choice

18
Breakfast: Breakfast
Bowl or Cereal or
Parfait/ fruit/ milk
Lunch: Hamburger
Steak & Gravy/rice/
summer veggie stir-fry/
roll/ fruit/ milk choice

21
Breakfast: Breakfast
Pizza or Cereal or Parfait/
fruit/milk
Lunch: Hamburger on
Bun/ French fries/ lettuce
& tomato/ onion /pickles/
fruit/ milk choice

22
Breakfast: Steak
Biscuit or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Popcorn Chicken/
smiley fries/ celery w/
peanut butter cup/ fruit/
Texas toast/ milk choice

23
Breakfast: Breakfast
Pizza or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Taco Salad &
fixings/ lettuce/ tomato/
Spanish rice/ black
beans/ corn/ fruit/ milk
choice

24
Breakfast: Sausage
Biscuit or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Chicken on
Croissant w/lettuce &
tomato/ sweet potato
fries/ fruit/ milk choice

25
Breakfast: Breakfast
Bowl or Cereal or
Parfait/ fruit/ juice/ milk
Lunch: Hot Ham &
Cheese Sandwich/ chips/
steamed broccoli/ fresh
veggies w/ranch/
apples/ milk choice

28
Breakfast Waffles or
Cereal or Parfait/ fruit/
juice/milk
Lunch: Steak nuggets/
cream potatoes/ lima
beans/ cornbread/ fruit/
milk choice

29
Breakfast: Chicken
Biscuit or Cereal or
Parfait/ fruit/ juice/milk
Lunch: Sub Sandwich w/
fixings/ broccoli & dip/
chips /cookie/ fruit/
milk choice

30
Breakfast: Blueberry
Muffins & Sausage link
or Cereal or Parfait/
fruit/juice/milk
Lunch: Corn dog/ french
fries/ baked beans/
fruit/ milk choice

DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

Harvest of the Month: Apples & Peanuts

ALL PRE-K THROUGH MIDDLE SCHOOL STUDENTS EAT AT NO CHARGE.

Daily Meal Choices:

Salads:

Monday- Ham & Cheese
Tuesday- Southwestern Chicken
Wednesday- Ham & Cheese
Thursday- Turkey & Cheese
Friday- Tuna Salad

Sacks:

Monday- PB&J
Tuesday- Ham & Cheese
Wednesday- PB&J
Thursday- Turkey Sandwich
Friday- PB&J

****SUBS OFFERED DAILY!!****

September Nutrition Tip: Don't forget to ALWAYS pick a fruit or vegetable at breakfast and lunch! You can't "Color Your Plate GREAT", without all the food groups represented.

School Nutrition Program Website:

jdSNPcafes.us
Jeff-davis.k12.ga.us- home page/departments/school nutrition.

To access nutrition newsletters:

Click the menu tab, monthly newsletters and kids companion to read or print.