

# SEPTEMBER 2020

## Jeff Davis High School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Breakfast: Bk Breaks  
Fruit & milk choice  
Lunch:  
Popcorn Chicken/smiles/  
roll / carrot sticks &  
ranch /fruit choice/  
salad & ranch & milk  
choice

**2**  
Breakfast: PB & J w/  
fruit and milk choice  
Lunch: Taco Salad/  
corn/ Spanish rice / taco  
salad fixings / refried  
beans / fruit choice/milk  
choice

**3**  
Breakfast: Blueberry  
Muffins/ fruit /juice &  
milk choice  
Lunch: Chicken Fillet  
Sandwich/ fries/  
sandwich fixings/ fruit  
choice/milk choice

**4**  
Breakfast: Super  
Donuts/ fruit & milk  
choice  
Lunch: Crescent Roll w/  
Ham and Cheese/  
applesauce/ fresh  
veggies & ranch  
fruit/milk choice

**7**  
Breakfast: Breakfast  
Breaks/ fruit & milk  
choice  
Lunch: Steak Nuggets/  
mashed potatoes/ roll /  
lima beans / fruit  
choice/ milk choice

**8**  
Breakfast: Honey  
Buns/ juice / fruit &  
milk choice  
Lunch: Sub Sandwich/  
sandwich fixings/ fresh  
veggie & ranch / fruit  
choice/milk choice

**9**  
Breakfast: French  
Toast Sticks/ fruit &  
milk choice  
Lunch: Corn Dogs/  
French fries/ baked  
beans/ fruit choice/  
milk choice

**10**  
Breakfast: Blueberry  
pancakes / fruit & milk  
choice  
Lunch: Chicken Tender  
Sandwich/fresh peaches/  
sandwich fixings / fruit/  
milk choice

**11**  
Breakfast: Banana  
Nut Muffins/ fruit &  
milk choice  
Lunch: Pizza/corn/  
carrots & ranch  
dressing / fruit  
choice/milk choice

**14**  
Breakfast: Breakfast  
Breaks / fruit & milk  
choice  
Lunch: Cheeseburger/  
French fries/sandwich  
fixings/baked beans/  
fruit choice/ milk choice

**15**  
Breakfast:  
Strawberry Pancakes/  
fruit & milk choice  
Lunch: Spaghetti /  
garlic bread/green  
peas/ fruit choice/  
milk choice

**16**  
Breakfast: Waffles w/  
peanut butter cup / fruit &  
milk choice  
Lunch: Chicken  
Nuggets/green beans/  
roll/ mashed potatoes/  
fruit choice/ milk choice

**17**  
Breakfast: Breakfast  
Donut & cheese stick/  
fruit & milk choice  
Lunch: BBQ on a Bun/  
tater tots/ fresh  
veggies & ranch / fruit  
choice/ milk choice

**18**  
Breakfast: Pillsbury  
Fruit Roll/ fruit & milk  
choice  
Lunch: Hamburger  
Steak & Gravy/ mashed  
potatoes/roll/ green  
beans / fruit choice and  
milk choice

**21**  
Breakfast: Breakfast  
Breaks / fruit/milk  
choice  
Lunch: Hamburger/  
French fries/sandwich  
fixings/baked beans/  
fruit choice/ milk  
choice

**22**  
Breakfast: Bk Breaks  
fruit/milk choice  
Lunch:  
Popcorn Chicken/  
smiles/roll / carrot sticks  
w ranch /fruit choice/  
salad & ranch/ milk  
choice

**23**  
Breakfast: PB & J/  
fruit and milk choice  
Lunch: Taco Salad/  
corn /Spanish rice /  
taco salad fixings /  
refried beans / fruit  
choice / milk choice

**24**  
Breakfast: Blueberry  
Muffins/ fruit /juice &  
milk choice  
Lunch: Chicken Fillet  
Sandwich/ fries/  
sandwich fixings/ fruit  
choice/ milk choice

**25**  
Breakfast: Super  
Donuts/ fruit & milk  
choice  
Lunch: Crescent Roll  
w/ Ham and Cheese &  
applesauce/ fresh  
veggies & ranch /fruit  
& milk choice

**28**  
Breakfast: Breakfast  
Breaks / fruit & milk  
choice  
Lunch: Cheeseburger/  
French fries/sandwich  
fixings/ bake beans/  
fruit choice/milk  
choice

**29**  
Breakfast:  
Strawberry Pancakes/  
fruit & milk choice  
Lunch: Spaghetti/  
garlic bread/ green  
peas/ fruit choice/  
milk choice

**30**  
Breakfast: French  
Toast Sticks/ fruit &  
milk choice  
Lunch: Corn Dogs/  
French fries/ baked  
beans/ fruit  
choice/milk choice

## DID YOU KNOW?

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

### September Harvest of the Month:

Apples & Peanuts

**Meal Prices:** Pre-K through Eighth grade students eat at no charge. High School students do not pay for breakfast. Reduced priced meals are served at no cost to the student. High School lunch price is \$1.45.

### Pre-Packed Daily Menu

#### Monday- Friday:

- \*PB & Jelly Sack
- \*Sub plate
- \*Salad Plate
- \*Fruit Parfaits
- \*Milk choice

#### 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](http://jdSNPcafes.us)  
[Jeff-davis.k12.ga.us- home page/departments/school nutrition.](http://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.