

NOVEMBER 2020

Jeff Davis High School

MONDAY

Breakfast: Breakfast 2
Breaks/ raisins/ juice box/ milk choice
Lunch: Hamburger on Bun/ French fries/ lettuce & tomato/ pickles/ fruit/ milk choice

Breakfast: Breakfast 9
Breaks/ fruit cup/ juice box/ milk choice
Lunch: Steak Nuggets/ cream potatoes/ green beans/ cornbread/ fruit/ milk choice

Breakfast: Breakfast 16
Breaks/ fruit / milk choice
Lunch: Sausage Dog/ French fries/ baked beans/ fruit/ milk choice

23
SCHOOL CLOSED FOR STUDENT AND STAFF THANKSGIVING HOLIDAY

30
Breakfast: Breakfast
Breaks/ fruit/ milk
Lunch: Steak Nuggets/ cream potatoes/ green beans/ corn bread/ fruit/ milk choice

TUESDAY

Breakfast: Pop tart/ juice box/ milk choice 3
Lunch: Chicken Tenders/ smiley fries/ celery w/ peanut butter cup/ fruit/ Texas toast/ milk choice

Breakfast: Honey Buns/ juice box/ apples/ milk 10
Lunch: Hamburger Helper/ garlic bread/ green peas/ salad/ fruit/ milk choice

Breakfast: Flavored Pancakes/ apples/ juice box/ milk choice 17
Lunch: Pizza/ corn/ carrot bites w/ranch dressing/ salad/ fruit/ milk choice

24
SCHOOL CLOSED FOR STUDENT AND STAFF THANKSGIVING HOLIDAY

WEDNESDAY

Breakfast: PB&J/ apple juice box/ milk choice 4
Lunch: Taco Salad w/fixings/ lettuce/ tomato/ Spanish rice/ refried beans/ corn/ fruit/ milk choice

Breakfast: French Toast Stix/ cheese stick/ juice box/ fruit/ milk choice 11
Lunch: Corn Dog/ French fries/ baked beans/ cookie/ fruit/ milk choice

Breakfast: Waffles w/ peanut butter cup/ juice box/ milk choice 18
Lunch: Turkey and Dressing/ green beans/ carrot soufflé/ rolls/ fruit salad/ milk choice

25
SCHOOL CLOSED FOR STUDENT AND STAFF THANKSGIVING HOLIDAY

THURSDAY

Breakfast: Blueberry Muffins/ sunflower seeds/ juice box/ milk choice 5
Lunch: Spaghetti/ peas & carrots/ salad/ garlic bread/ fruit/ milk choice

Breakfast: Blue Berry Pancakes/ juice box/ fresh fruit/ milk choice 12
Lunch: Chicken Alfredo/ garlic bread sticks/ salad/ steamed carrots/ fruit/ milk choice

Breakfast: Powdered Donuts/ Apples / juice box/ milk choice 19
Lunch: Specialty Pizza/ steamed broccoli/ baked potato/ fruit/ milk choice

26
SCHOOL CLOSED FOR STUDENT AND STAFF THANKSGIVING HOLIDAY

FRIDAY

Breakfast: Super Donuts/ elf graham/ juice box/ fruit/ milk choice 6
Lunch: Sub Sandwich w/ sandwich fixings/ baked chips/ fruit/ pickle/ milk choice

Breakfast: Banana Nut Muffins/ fruit/ juice box/ milk choice 13
Lunch: Chili /baked potato/ steamed broccoli/ fruit/ saltines/brownies/ milk choice

Breakfast: Pop tart/ juice box/ milk 20
Lunch: Tater Tot Casserole/Ga grown peas/ garlic bread/ fruit/ milk choice

27
SCHOOL CLOSED FOR STUDENT AND STAFF THANKSGIVING HOLIDAY

NOVEMBER HARVEST OF THE MONTH Sweet Potato

Assorted Vegetables and Fruits Offered Daily with each Daily Meal Choice and Choice of Milk with meal.

November Tip: Protein Packs A Punch! Protein is an essential nutrient for the body to perform daily tasks.

High School Cafeteria Daily Choices:
Salad Plates
Yogurt Parfaits
Peanut Butter n Jelly
Sack Lunches
Sub Sandwich Plates

AS OF OCTOBER 1, 2020 ALL JEFF DAVIS HIGH SCHOOL STUDENTS ARE ELIGIBLE TO EAT FREE UNTIL USDA FUNDING IS DEPLETED.

Staff Meal Prices:
Breakfast \$2.25
Lunch \$3.50

DID YOU KNOW?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.