

SEPTEMBER 2020

JEFF DAVIS MIDDLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Lunch: Popcorn
Chicken w/ French
fries/ roll/
carrots/ fruit
choice/ milk
choice

2
Lunch: Taco
Salad/chips/corn/
Spanish
rice/lettuce-
tomato/refried
beans/fruit/milk
choice

3
Lunch: Chicken
Fillet w/rosemary
roasted
potato/lettuce &
tomato/pickles/
fruit choice/milk
choice

4
Lunch: Hot Ham &
Cheese/ fruit/Chips/
veggie bag &
ranch/milk choice

7
**NO
SCHOOL**

8
Lunch: Sub
Sandwich (Ham or
Turkey)/
lettuce/tomato/
veggie bag /
cookie/fruit/milk
choice

9
Lunch: Corn
Dogs/French fries/
veggie mix/ fruit
choice/milk choice

10
Lunch: Chicken
sandwich/ quick
bake potato/ lettuce
& tomato/fruit
choice/ milk choice

11
Lunch: Pizza/corn/
carrots & ranch/
fruit choice/ milk
choice

14
Lunch: Hot Dog/
French fries/bake
beans/ cole slaw/
fruit choice/ milk
choice

15
Lunch: Spaghetti/
peas/ garlic toast/
cheese/ salad/ fruit
choice/ milk choice

16
Lunch: Chicken
Nuggets/ green
beans/ mac & cheese
fruit choice/ milk
choice

17
Lunch: BBQ on
bun/quick bake
potato/ cake/ fruit
choice/ milk choice

18
Lunch: Hamburger
Steak & Gravy/
green beans roll/
salad/ fruit choice/
milk choice

21
Lunch: Hamburger
on bun/ French
fries/baked beans/
fruit choice/ milk
choice

22
Lunch: Popcorn
Chicken/ French
fries/ roll/ carrots/
fruit choice/ milk
choice

23
Lunch: Taco
Salad/chips/corn/
Spanish rice/lettuce
& tomato/refried
beans/fruit/milk
choice

24
Lunch: Chicken Fillet/
rosemary roasted
potato/lettuce &
tomato/pickles/
fruit choice / milk
choice

25
Lunch: Hot Ham &
cheese/ fruit/Chips/
veggie bag &
ranch/milk choice

28
Lunch: Steak
Nuggets/mashed
potatoes/lima
beans/rolls/fruit/
milk choice

29
Lunch: Sub Sandwich
Ham or Turkey w/
lettuce & tomato/
veggie bag/ cookie
/fruit/milk choice

30
Lunch: Corn
Dogs/French fries/
veggie mix/fruit
choice/
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 BREAKFAST CHOICES:
Croissants, Breakfast Breaks or Fruit Parfaits

Daily Meal Choices:

Salads:

Monday- Fajita Chicken
Tuesday- Turkey
Wednesday- Ham
Thursday- Turkey
Friday- Ham

Sacks:

Monday- Chick Fillet
Tuesday- Hamburger
Wednesday- Pizza
Thursday- Corndogs
Friday- Chicken Nuggets

Subs:

Mon/Wed/Fri.-Turkey Sub
Tuesday/Thur.-Ham Sub

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.