

SEPTEMBER 2020

Jeff Davis Pre-K

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast: Steak Biscuit/
fruit/ juice/ milk
Lunch: Popcorn
Chicken/ smiley fries/
fruit/ Texas toast/ milk

2

Breakfast: Breakfast
Pizza/ fruit/ juice/ milk
Lunch: Taco Salad/
Spanish rice/ black
beans/ fruit/ milk

3

Breakfast: Sausage
Biscuit/ fruit/ juice/ milk
Lunch: Chicken on
Croissant/ sweet potato
fries/ fruit/ milk

4

Breakfast: Breakfast
Bowl/ fruit/ juice/ milk
Lunch: Hot Ham &
Cheese Sandwich/
steamed broccoli/
apples/ milk

7

NO SCHOOL

8

Breakfast: Chicken
Biscuit/ fruit/ juice/milk
Lunch: Sub sandwich w/
fixings/ broccoli & dip/
chips / fruit/ milk

9

Breakfast: Blueberry
Muffins/ sausage link/
fruit /juice/milk
Lunch: Corn dog/
French fries/ baked
beans/ fruit/ milk

10

Breakfast: Sausage
Biscuit/ juice/ fruit/ milk
Lunch: Chicken
Sandwich/quick baked
potato/ fruit/milk

11

Breakfast: Breakfast
Bowl/ fruit/ juice/ milk
Lunch: Pizza/ corn /
carrot bites & ranch
dressing/ fruit/ milk

14

Breakfast: Pancake/
juice/ fruit/ milk
Lunch: Hot dog/ French
fries/baked beans/ fruit /
milk

15

Breakfast: Chicken
Biscuit/ fruit/ milk
Lunch: Spaghetti/ peas
& carrots/ garlic
bread/ fruit/ milk

16

Breakfast: French
Toast Sticks/ fruit/ milk
Lunch: Chicken
Nuggets/ mac &
cheese/ green beans/
fruit/ milk

17

Breakfast: Sausage
Biscuit/ fruit/ milk
Lunch: BBQ on
Bun/steamed carrots/
brownie/ apples/ milk

18

Breakfast: Breakfast
Bowl / fruit/ milk
Lunch: Hamburger
Steak & Gravy/ rice/
summer veggie stir-fry/
roll/ fruit/ milk

21

Breakfast: Breakfast
Pizza/ fruit/milk
Lunch: Hamburger on
Bun/ French fries/ fruit/
milk

22

Breakfast: Steak Biscuit/
fruit/ juice/ milk
Lunch: Popcorn
Chicken/ smiley fries/
fruit/ Texas toast/ milk

23

Breakfast: Breakfast
Pizza/ fruit/ juice/ milk
Lunch: Taco Salad/
Spanish rice/ black
bean/ fruit/ milk

24

Breakfast: Sausage
Biscuit/ fruit/ juice/ milk
Lunch: Chicken on
Croissant/ sweet potato
fries/ fruit/ milk

25

Breakfast: Breakfast
Bowl/ fruit/ juice/ milk
Lunch: Hot Ham &
Cheese Sandwich/
steamed broccoli/
apples/ milk

28

Breakfast Waffles/
fruit /juice/milk
Lunch: Steak Nuggets/
creamed potatoes/ lima
beans/ cornbread/ fruit/
milk

29

Breakfast: Chicken
Biscuit/ fruit/ juice/milk
Lunch: Sub sandwich w/
fixings/ broccoli & dip/
chips /cookie/ fruit/
milk

30

Breakfast: Blueberry
Muffins/ sausage link/
fruit /juice/milk
Lunch: Corn dog/ French
fries/ baked beans/
fruit/ milk

DID YOU KNOW?

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

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.

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 Websites:

jdSNPcafes.us OR
Jeff-davis.k12.ga.us/homepage/departments/schoolnutrition.

To access nutrition newsletters: Click the menu tab, monthly newsletters and kids companion to read or print.