

SEPTEMBER 2020

Jeff Davis Primary

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 /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 & 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

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

23
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

24
Breakfast: Sausage Biscuit or Cereal or Parfait/ fruit/ juice/ milk
Lunch: Chicken on Croissant/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 & 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 & 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

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.](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.