



Monday

Breakfast: Pancakes or Cereal w/ toast/ fruit/ juice/ milk choice **3**

Lunch: Hamburger on Bun w/cheese/ lettuce & tomato/ veggie cup w/ranch/ french fries/ fruit/ milk choice

Breakfast: French Toast Stix or Cereal sack or Parfait/ fruit/ juice/ milk choice **10**

Lunch: Pizza/ cob corn/ carrot bites w/ranch dressing/ salad/ fruit/ apple cobbler/ milk choice

SCHOOL CLOSED FOR STUDENTS AND STAFF **17**

Breakfast: Pancakes or Cereal w/ toast/ fruit/ juice/ milk choice **24**

Lunch: Hamburger on Bun w/cheese/ lettuce & tomato/ veggie cup w/ranch/ french fries/ fruit/ milk choice

Tuesday

Breakfast: Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **4**

Lunch: Popcorn Chicken/ yellow rice/ steamed broccoli/ cookie/ fruit/ milk choice

Breakfast: Breakfast Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **11**

Lunch: Steak Nuggets/ rice & tomatoes/ mustard greens/ lima beans/ cornbread/ fruit/ milk choice

Breakfast: Breakfast Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **18**

Lunch: Spaghetti/ peas & carrots mix/ salad/ cheese stix/ fruit/ milk choice

Breakfast: Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **25**

Lunch: Popcorn Chicken/ yellow rice/ steamed broccoli/ cookie/ fruit/ milk choice

Wednesday

Breakfast: Breakfast Pizza/ juice/ milk **5**

Lunch: Chili or Tuna w/baked potato/ broccoli/ bread stick/ fruit/ milk choice

Breakfast: Muffin & Sausage or Cereal sack or Parfait/ fruit/ milk choice **12**

Lunch: Vegetable Beef Soup w/ pb&j sandwich/ tossed salad/ fruit/ milk choice

Breakfast: Pig in Jacket/ grits or Cereal w/toast/ fruit/ juice/ milk choice **19**

Lunch: Hot Dog/ fries/ baked beans/ cole slaw/ fruit/milk choice

Breakfast: Breakfast Pizza/ juice/ milk **26**

Lunch: Chili or Tuna w/baked potato/ broccoli/ bread stick/ fruit/ milk choice

Thursday

Breakfast: Breakfast Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **6**

Lunch: BBQ on Bun/ steamed carrots/ summer veggie stir fry w/Vidalia onions/ fruit/ brownie/ milk choice

Breakfast: Breakfast Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **13**

Lunch: Taco Salad w/fixings lettuce/ tomato/ diced vidalia onions/ black beans/ corn/ fruit/ milk choice

Breakfast: Breakfast Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **20**

Lunch: Managers Choice- Fish sticks/ hush puppies/ cheese grits/ steamed cabbage/ milk choice

Breakfast: Breakfast Biscuit or Cereal w/toast/ fruit/ juice/ milk choice **27**

Lunch: BBQ on Bun/ steamed carrots/ summer veggie stir fry w/Vidalia onions/ fruit/ brownie/ milk choice

Friday

Breakfast: Grits & eggs or Cereal w/Toast/ fruit/ juice/ milk choice **7**

Lunch: Hamburger Steak w/gravy/ rice/ pinto beans/ okra/ roll/ fruit/ milk choice

SCHOOL CLOSED FOR STUDENTS AND STAFF **14**

Breakfast: Grits & eggs or Cereal w/Toast/ fruit/ juice/ milk choice **21**

Lunch: Cheese sticks w/ marinara/ salad/ broccoli/ fruit/ milk choice

Breakfast: Grits & eggs or Cereal w/Toast/ fruit/ juice/ milk choice **28**

Lunch: Hamburger Steak w/gravy/ rice/ pinto beans/ okra/ roll/ fruit/ milk choice

HARVEST OF THE MONTH: CABBAGE



ALL PREK THROUGH MIDDLE SCHOOL STUDENTS EAT AT NO CHARGE.

Visitors: Staff
Breakfast- \$2.25 Breakfast-\$2.25
Lunch \$4.00 Lunch: \$3.50

Daily Meal Choices:

Salads:

Monday-Tuna
Tuesday-Tuna
Wednesday- Diced Ham
Thursday-Chicken Salad
Friday-Chicken Salad

Sacks:

Monday-PB&J
Tuesday- Ham & Cheese
Wednesday-PB&J
Thursday-Turkey
Friday- PB&J
Assorted Vegetables and Fruits
Offered Daily with each Daily Meal Choice and Choice of Milk with meal

February Tip: Eat a healthy diet that limits sugary beverages and snacks.
⇒ See your dentist regularly.

School Nutrition Program Website:
jdSNPcafes.us or
jeff-davis.k12.ga.us home page/departments/school nutrition.
Access Nutrition Newsletters: click menu tab, monthly newsletters and kids companion to read or print from
jeff-davis.k12.ga.us home page/departments/school nutrition.

DID YOU KNOW?

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.