

FEBRUARY 2020 JEFF DAVIS ELEMENTARY

HARVEST OF THE MONTH: CABBAGE



PREK – MIDDLE.... EAT FREE

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

Elementary School offers Daily Meal Choices:

Salads:

Monday Ham & Cheese
 Tuesday Chicken Salad
 Wednesday Ham & Cheese
 Thursday Turkey & Cheese
 Friday Tuna 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.
 January Tip: Milk on My Mind!

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.

Monday

Breakfast: French Toast
 Stix or Cereal w/ Poptart/
 fruit/ juice/ milk choice **3**

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

Breakfast: Pancakes 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: French
 Toast Stix or Cereal w/
 Poptart/ fruit/ juice/ milk
 choice **24**
 Lunch: Hamburger on
 Bun w/cheese/ onion/
 lettuce & tomato/ french
 fries/ fruit/ milk choice

Tuesday

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

Lunch: Popcorn Chicken/
 tri taters/ celery & carrot
 sticks w/ranch/ garlic bread
 stix/ fruit/ milk choice

Breakfast: Sausage
 Biscuit or Cereal sack or
 Parfait/ fruit/ juice/ milk
 choice **11**

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

Breakfast: Sausage
 Biscuit or Cereal sack or
 Parfait/ fruit/ juice/ milk
 choice **18**

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

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

Lunch: Popcorn Chicken/ tri
 taters/ celery & carrot sticks
 w/ranch/ garlic bread stix/
 fruit/ milk choice

Wednesday

Breakfast: Breakfast
 Pizza or Cereal w/toast/
 fruit/ juice/ milk choice **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/crackers/ pb&j or pimento
 cheese sandwich/ tossed
 salad/ fruit/ milk choice

Breakfast: Pig in Jacket/
 grits or Cereal sack or
 Parfait/ fruit/ juice/ milk
 choice **19**

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

Breakfast: Breakfast
 Pizza or Cereal w/toast/
 fruit/ juice/ milk choice **26**

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

Thursday

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

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

Breakfast: Ham & Egg
 Crossiant or Cereal sack
 or Parfait/ fruit/ juice/
 milk choice **13**

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

Breakfast: Chicken
 Crossiant or Cereal sack
 or Parfait/ fruit/ juice/
 milk choice **20**

Lunch: Managers Choice:
 Fish sticks/ grits/ hush
 puppies/ blackeye peas/ fruit/
 milk choice

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

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

Friday

Breakfast: Grits & eggs
 or Cereal w/ Poptart/ 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 sack or Parfait/
 fruit/ juice/ milk choice **21**

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

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

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

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.