



HARVEST OF THE MONTH: CABBAGE



ALL PREK THROUGH MIDDLE SCHOOL STUDENTS EAT AT NO CHARGE.

ALL VISITORS:

Breakfast \$2.25

Lunch \$4.00

STAFF:

Breakfast \$2.25

Lunch \$3.50

Middle School Cafeteria offers

Breakfast Menu:

Monday – Sausage & Waffles or Cereal & Poptart or Chicken Croissant/ fruit/ juice/ milk choice

Tuesday – Pancake Pups & grits or Cereal & Poptart or Sausage Croissant/ fruit/ juice/ milk choice

Wednesday – Breakfast Pizza or Cereal & Poptart or Ham & Cheese Croissant/ fruit/ juice/ milk choice

Thursday – French Toast & Sausage or Cereal & Poptart/ Ham & Cheese Croissant/ fruit/ juice milk choice

Friday – Grits, Eggs & Sausage or Cereal & Poptart or Chicken Croissant/ fruit/ juice/ milk choice

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

Lunch: Hamburger or Hotdog on bun or Salad w/Chicken Fajita or Sack w/Chicken Fillet & fixings or Sub w/Turkey & fixings / baked beans/ onions/ cole slaw/ fries/ lettuce/ tomato/ dill pickle/ baked beans/ fruit/ milk choice **3**

Lunch: Pizza or Tuna Salad w/saltines or Salad w/Chicken Fajita or Sack w/Chicken Fillet w/fixings or Sub w/Turkey & fixings/ baked potato/ salad w/ranch/ peas/ carrots w/ranch dressing/ fruit/ milk choice **10**

SCHOOL CLOSED FOR STUDENTS AND STAFF **17**

Lunch: Hamburger or Hotdog on bun or Salad w/Chicken Fajita or Sack w/Chicken Fillet & fixings or Sub w/Turkey & fixings / baked beans/ onions/ cole slaw/ fries/ lettuce/ tomato/ dill pickle/ baked beans/ fruit/ milk choice **24**

Tuesday

Lunch: General Tso's or Sweet & Sour Chicken or Salad w/Diced Turkey or Sack w/Hamburger & fixings or Sub w/Sliced Ham & fixings/ Chinese rice/ sweet carrots/ cabbage/ mandarin oranges/ fresh fruit/ milk choice **4**

Lunch: Steak or Chicken Nuggets or Salad w/Diced Turkey or Sack w/Hamburger & fixings or Sub w/Sliced Ham & fixings/ rice & tomatoes/ greens/ cornbread/ pineapple/ milk choice **11**

Lunch: Sausage, Egg & Cheese Biscuit or Chicken Biscuit or Yogurt Parfaits or Sacks w/Cheeseburger or Sacks w/Pizza/ hashbrown/ cheese grits/ fruit choice/ milk choice **18**

Lunch: General Tso's or Sweet & Sour Chicken or Salad w/Diced Turkey or Sack w/Hamburger & fixings or Sub w/Sliced Ham & fixings/ Chinese rice/ sweet carrots/ cabbage/ mandarin oranges/ fresh fruit/ milk choice **25**

Wednesday

Lunch: Chili or Salad w/Diced Ham or Sack w/Corndog or Sub w/Turkey & fixings/ baked potato/ shredded cheese/ sour cream/ crackers/ salad/ steamed broccoli/ fruit/ milk choice **5**

Lunch: Veggie Beef Soup w/PB&J or Pimento Cheese Sandwich or Salad w/diced Ham or Sack w/Corndog or Sub w/Turkey & fixings/ steamed broccoli/ crackers/ jello/ fresh fruit/ milk choice **12**

Lunch: Sausage Dog & Corn Dog or Salad w/Diced Ham or Sack w/Pizza or Sub w/Ham & fixings/ pinto beans/ tator tots/ cabbage/ pasta salad/ mandarin oranges/ fresh fruit/ brownie/ milk choice **19**

Lunch: Chili or Salad w/Diced Ham or Sack w/Corndog or Sub w/Turkey & fixings/ baked potato/ shredded cheese/ sour cream/ crackers/ salad/ steamed broccoli/ fruit/ milk choice **26**

Thursday

Lunch: BBQ w/Bun or Corn Dog Nuggets or Salad w/Diced Ham or Sack w/Pizza or Sub w/Ham w/fixings/ yam patties/ rosemary roasted potatoes/ sidekicks/ fresh fruit/ apple/ milk choice **6**

Lunch: Taco or Quesadilla or Salad w/Chicken Fajita or Sack w/Chicken Fillet & fixings or Sub w/Turkey & fixings /refried beans/ lettuce/ tomatoes/ jalapenos/ whole kernel corn/ salsa/ tropical fruit/ fresh fruit/ milk choice **13**

Lunch: Chicken & Rice soup w/grilled cheese or Sack w/Pizza or Sub w/Turkey & fixings or Salad w/Diced Ham/ toss salad/ crackers or croutons/ steamed broccoli/ fruit choice/ jello/ milk choice **20**

Lunch: BBQ w/Bun or Corn Dog Nuggets or Salad w/Diced Ham or Sack w/Pizza or Sub w/Ham w/fixings/ yam patties/ rosemary roasted potatoes/ sidekicks/ fresh fruit/ apple/ milk choice **27**

Friday

Lunch: Salisbury Steak or Meatloaf or Salad w/Diced Ham or Sack w/Chicken Nuggets or Sub w/Turkey & fixings/ rice & tomatoes/ blackeyed peas/ carrots/ cornbread/ mandarin oranges/ fresh fruit/ milk choice **7**

SCHOOL CLOSED FOR STUDENTS AND STAFF **14**

Lunch: Cheesesticks w/marinara or Salad w/diced Turkey or Sack w/Pizza or Sub w/Ham & fixings or Chicken Salad w/crackers/ toss salad/ quick bake potato/ sweet peas/ carrots w/ranch/ fruit/ milk choice **21**

Lunch: Salisbury Steak or Meatloaf or Salad w/Diced Ham or Sack w/Chicken Nuggets or Sub w/Turkey & fixings/ rice & tomatoes/ blackeyed peas/ carrots/ cornbread/ mandarin oranges/ fresh fruit/ milk choice **28**

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.