

# FEBRUARY 2020

## JEFF DAVIS HIGH

### Monday

Lunch: Cheeseburger on Bun w/fries or Pizza/ salad station/ lettuce/ sliced tomato/ sliced onion/ baked beans/ pickle chips/ fruit choice/ milk choice **3**

Lunch: Chicken Nuggets or Pizza/ salad station/ macaroni & cheese/ carrot souffle/ cornbread/ greens/ green peas/ fruit choice/ milk choice **10**

SCHOOL CLOSED FOR STUDENTS AND STAFF **17**

Lunch: Cheeseburger on Bun w/fries or Pizza/ salad station/ lettuce/ sliced tomato/ sliced onion/ baked beans/ pickle chips/ fruit choice/ milk choice **24**

### Tuesday

Lunch: General Tso's Chicken or Cherry Blossom Chicken w/egg roll or Pizza/ salad station/ Chinese rice/ yum yum sauce/ sweet carrots/ broccoli/ fruit choice/ milk choice **4**

Lunch: Steak Nuggets & creamed potatoes w/gravy or Pizza/ salad station/ green beans/ black eyed peas/ roll/ fruit choice/ milk choice **11**

Lunch: Sausage, Egg & Cheese Biscuit or Pizza or Cereal w/Yogurt or Yogurt Parfait/ cheese grits/ fruit bar/ steamed broccoli/ side salad/ milk choice **18**

Lunch: General Tso's Chicken or Cherry Blossom Chicken w/egg roll or Pizza/ salad station/ Chinese rice/ yum yum sauce/ sweet carrots/ broccoli/ fruit choice/ milk choice **25**

### Wednesday

Lunch: Chili w/saltines or Pizza/ salad station/ fresh veggie mix/ bread sticks/ fruit choice/ milk choice **5**

Lunch: Veggie Soup w/pb&j or pimento cheese sandwich or Pizza/ salad station/ saltines/ fried okra/ individual salads/ fruit choice milk choice **12**

Lunch: Hot Dog w/fries or Pizza/ salad station/ cole slaw/ baked beans/ chocolate cake/ apple/ fresh fruit/ milk choice **19**

Lunch: Chili w/saltines or Pizza/ salad station/ baked potato/ fresh veggie mix/ bread sticks/ fruit choice/ milk choice **26**

### Thursday

Lunch: BBQ on Bun w/french fries or or Pizza/ salad station/ cabbage slaw/ fruit choice/ strawberry jello/ milk choice **6**

Lunch: Taco or or Pizza or Tuna Salad/ salad station/ corn/ salsa/ mexican rice/ refried beans/ fruit choice/ milk choice **13**

Lunch: Chicken & Rice w/Grilled Cheese or Pizza/ salad station/ individual salads/ green limas/ steamed carrots/ fruit choice/ milk choice **20**

Lunch: Sloppy Joes on Bun w/french fries or or Pizza/ salad station/ cabbage slaw/ fruit choice/ strawberry jello/ milk choice **27**

### Friday

Lunch: Manager's Choice **7**  
Various Entrees

SCHOOL CLOSED FOR STUDENTS AND STAFF **14**

Lunch: Cheese Sticks w/marinara sauce or Pizza/ salad station/ fresh veggie mix/ broccoli w/cheese/ baked potato/ corn/ strawberry jello/ fruit choice/ milk choice **21**

Lunch: Manager's Choice **28**  
Various Entrees

### HARVEST OF THE MONTH: CABBAGE



Meal Prices: All High School Students eat breakfast at no charge. Reduced Lunch is served at no charge. High School Student Lunch price is \$1.45.

#### ALL VISITORS:

Breakfast \$2.25 Lunch \$4.00

#### STAFF:

Breakfast \$2.25 Lunch \$3.50

High School Cafeteria offers: Daily Prepacked Salads, Sub Sandwich and PB&J.

#### Breakfast Menu:

**Monday** – Pancakes pups or Cereal & Poptart/ fruit/ juice/ milk choice

**Tuesday** – French Toast Sticks w/ Sausage or Cereal & Poptart/ fruit/ juice/ milk choice

**Wednesday** – Pancakes & Sausage or Cereal & Poptart/ fruit/ juice/ milk choice

**Thursday** – Breakfast Pizza or Cereal & Poptart/ fruit/ juice/ milk choice

**Friday** – Mini Blueberry Muffins w/Yogurt or Cereal & Poptart/ fruit/ juice/ milk choice

#### Breakfast in the Classroom

**Monday** - Breakfast Breaks w/PB&J/ fruit/ juice/ milk choice

**Tuesday- Friday** – Breakfast Breaks w/Cereal Bars/ fruit/ milk choice

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

New Website home page for SNP, go to [jdSNPcafes.us](http://jdSNPcafes.us) to access Nutrition Newsletters, click menu tab, monthly newsletters and kids' companion to read or print from [jeff-davis.k12.ga.us](http://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.