

# March 2020

National School Breakfast Week March 2<sup>nd</sup> – 6<sup>th</sup>

## Jeff Davis Middle School

### MONDAY

Breakfast: Flying Waffle w/sausage/ fruit/ milk choice **2**  
Lunch: Pizza or Tuna Salad w/saltines or Salad w/Chicken Fajita or Sack w/Chcken Fillet w/fixings or Sub w/Turkey & fixings/ baked potato/ salad w/ranch/ peas/ carrots w/ranch dressing/ fruit/ milk choice

Lunch: Chicken Tenders or Salad w/Diced Turkey or Sack w/Hamburger & fixings or Sub w/Sliced Ham & fixings/ creamed potatoes/ green beans/ carrots/ yeast rolls/ peaches/ fresh fruit/ milk choice **9**

Lunch: Hamburger or Hotdog on bun or Salad w/Chicken Fajita or Sack w/Chcken Fillet & fixings or Sub w/Turkey & fixings / baked beans/ onions/ cole slaw/ fries/ lettuce/ tomato/ dill pickle/ baked beans/ fruit/ milk choice **16**

Lunch: Pizza or Tuna Salad w/saltines or Salad w/Chicken Fajita or Sack w/Chcken Fillet w/fixings or Sub w/Turkey & fixings/ baked potato/ salad w/ranch/ peas/ carrots w/ranch dressing/ fruit/ milk choice **23**

Lunch: Chicken Tenders or Salad w/Diced Turkey or Sack w/Hamburger & fixings or Sub w/Sliced Ham & fixings/ creamed potatoes/ green beans/ carrots/ yeast rolls/ peaches/ fresh fruit/ milk choice **30**

### TUESDAY

Breakfast: Gravity Biscuit & Gravy/ fruit/ milk choice **3**  
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

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 **10**

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 **17**

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 **24**

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 **31**

### WEDNESDAY

Breakfast: Galactic Pizza/ Fruit/ milk choice **4**  
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

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 **11**

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 **18**

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 **25**

### THURSDAY

Breakfast: Alien French Toast/ fruit/ milk choice **5**  
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

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 **12**

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 **19**

Lunch: Taco or Quesadilla or Salad w/Turkey or Sack w/Hamburger & fixings or Sub w/Ham & fixings /refried beans/ lettuce/ tomatoes/ jalapenos/ whole kernel corn/ salsa/ tropical fruit/ fresh fruit/ milk choice **26**

### FRIDAY

Breakfast: Planet Buffet/ fruit/ milk choice **6**  
Lunch: Spicy or Regular Chick Fillet w/Bun or Salad w/Diced Ham or Sack w/Chicken Nuggets or Sub w/Turkey & fixings/ lettuce/ tomato/ rosemary potatoes/ lima beans/ carrots w/ranch/ fresh fruit/ milk choice

SCHOOL CLOSED FOR STUDENTS AND STAFF **13**

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 **20**

Lunch: Spicy or Regular Chick Fillet w/Bun or Salad w/Diced Ham or Sack w/Chicken Nuggets or Sub w/Turkey & fixings/ lettuce/ tomato/ rosemary potatoes/ lima beans/ carrots w/ranch/ fresh fruit/ milk choice **27**

### HARVEST OF THE MONTH:

Root Vegetables  
(Carrots, Beets, Radishes)



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

**March Tip:** NSBP serves more than 14 million children every school day.

School Nutrition Program Website:

[jdSNPcafes.us](http://jdSNPcafes.us) or [jeff-davis.k12.ga.us home page/departments/school nutrition](http://jeff-davis.k12.ga.us/home/page/departments/school%20nutrition).  
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](http://jeff-davis.k12.ga.us/home/page/departments/school%20nutrition).

## DID YOU KNOW?

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year.