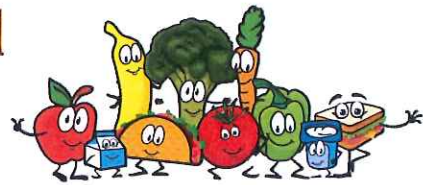


Jeffersonville Elementary School

BREAKFAST/LUNCH MENU

September 2021

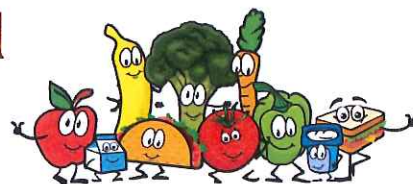


<p>1-3 Grits served Monday- Thursday Daily Choice Entrée/ Lunch</p> <p>Grilled Chicken Salad Sub Sandwich /Topping/chip</p>			<p>Wed., September 1</p> <p>Breakfast Pancake Stick w/ syrup or 2 oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Hamburger on Bun w/ toppings Potato Tots Baked Beans Applesauce w/Gelatin Fresh Fruit</p>	<p>Thurs., September 2</p> <p>Breakfast Breakfast Pizza Or 2 oz. Cereal or Cereal w/ Crackers</p> <p>Lunch Teriyaki Chicken w/ Roll Mexican Rice Broccoli w/cheese Carrot w/ dip Sliced Pears/ Fresh Fruit</p>	<p>Fri., September 3</p> <p>Breakfast Sausage Biscuit Twin w/ Jelly or 2 oz Super Donut</p> <p>Lunch Sack Lunch Early Dismissal</p>
<p>6-10 Choice Entrée/Lunch</p> <p>PB&J Sandwich/ Chip/ String Cheese</p> <p>Grilled Chicken Salad w/ Roll</p>	<p>Mon., September 6</p> <p>LABOR DAY</p>	<p>Tues., September 7</p> <p>Breakfast Pancake Bites w/syrup or 2oz. Cereal / Cereal w/ Muffin</p> <p>Lunch Beef Nuggets w/ Roll Creamed Potatoes Glazed Carrots Mixed Fruit / Fresh Fruit</p>	<p>Wed., September 8</p> <p>Breakfast Sausage Biscuit w/ Jelly Or 2 oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Chicken Sandwich Lett/tomato/pickle Seasoned Fries Baked Beans Sliced Peaches Fresh Fruit</p>	<p>Thurs., September 9</p> <p>Chicken Biscuit w/ jelly Pop Tart or 2 oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Spaghetti w/meat sauce w/Cheesy Breadstick Seasoned Corn Garden Salad w/dressing Applesauce w/ Gelatin/ Fresh Fruit</p>	<p>Fri., September 10</p> <p>Breakfast Donut Stick w/Cheese or 2oz Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Hot Dog on Bun w/topping Coleslaw Seasoned Fries Sliced Peaches/ Fresh Fruit Carrot w/ Dip</p>
<p>Choice Entrée/ Lunch</p> <p>Grilled Chicken Salad w/ Breadstick</p>	<p>Mon., September 13</p> <p>Breakfast Chicken Biscuit w/Jelly or Honey Glazed Cinnamon Bun</p> <p>Lunch Chicken Nuggets w/ Roll w/sauce Glazed Cut Yams Broccoli w/ Cheese Mixed Fruit Fresh Fruit</p>	<p>Tues. September 14</p> <p>Breakfast Sausage Biscuit w/ Jelly or 2oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Dill Chicken Nuggets w/Roll Creamed Potatoes Seasoned Green Beans Applesauce w/ Gel- Fresh Fruit</p>	<p>Wed., September 15</p> <p>Breakfast Pancake Stick w/syrup or 2oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Pepperoni Pizza Seasoned Corn Garden Salad w/ dressing Carrot w/ Dip Sliced Peaches Fresh Fruit</p>	<p>Thurs., September 16</p> <p>Breakfast Bacon Egg Biscuit w/ Jelly or 2 oz. Cereal or Cereal w/ Crackers</p> <p>Lunch Salisbury Steak w/ gravy & Roll Black eyed Peas Seasoned Rice Sliced Pears/ Fruit</p>	<p>Fri. September 17</p> <p>Breakfast Sausage Biscuit Twin w/ Jelly or 2 oz. Super Donut</p> <p>Lunch Shrimp & Grits Cornbread Garden Salad w/ dressing Diced Peaches Fresh Fruit</p>
<p>Choice of Entrée/ Lunch</p> <p>PB&J w/Chips w/ String Cheese</p> <p>Grilled Chicken Salad w/ Roll</p>	<p>Mon., September 20</p> <p>Breakfast Belgian Waffle Sticks w/ Sausage Link w/ Syrup or Honey Glazed Cinnamon Bun</p> <p>Lunch Chicken Fried Steak w/Roll Creamed Potatoes Sweet Peas Diced Pears/ Fresh Fruit</p>	<p>Tues., September 21</p> <p>Breakfast Pancake Bites/ Syrup or 2 oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Chicken Fajita Wrap w/Lettuce, Tomato, Cheese Mexicali Corn Black Beans Carrot w/ Dip Mixed Fruit Fresh Fruit</p>	<p>Wed., September 22</p> <p>Breakfast Sausage Biscuit w/ Jelly or 2oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Beef Nacho w/ Chips w/Lettuce, Tomato, cheese Salsa Mexican Rice Carrot w/dip Sliced Peaches Fresh Fruit</p>	<p>Thurs. September 23</p> <p>Breakfast Chicken Biscuit w/ jelly or 2oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Oven Fried Chicken Steamed Cabbages Creamed Potatoes Cornbread Side Kick Juice Fresh Fruit</p>	<p>Fri., September 24</p> <p>Breakfast Donut Stick w/ Cheese or Texas Apple Cinnamon Toast</p> <p>Lunch Hot Dog on Bun w/ onions Seasoned Fries Coleslaw Carrot w/ Dip</p>
<p>Mon. September 27</p> <p>Breakfast Chicken Biscuit w/ Jelly or Honey Glazed Cinnamon Bun</p> <p>Lunch Corn Dog Seasoned Fries Seasoned Green Beans Mixed Fruit Fresh Fruit</p>	<p>Tues. September 28</p> <p>Breakfast Sausage Biscuit w/Jelly or 2oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Chicken Tender w/Roll/Sauce Seasoned Rice Sweet Peas Side Kick-Orange Fresh Fruit</p>	<p>Breakfast Pancake Stick w/Syrup or 2oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Hamburger on Bun w/ Lettuce, Tomato, Pickle Potato Tots Baked Beans Carrot w/ Dip Fruit Cup/ Fresh</p>	<p>Breakfast Bacon & Egg Biscuit w/ Jelly or 2oz Cereal or Cereal w/ Graham Crackers</p> <p>Lunch General Chicken Mexican Rice Broccoli w/ Cheese Carrot w/ Dip Cherry Smoothie</p>	<p>Milk choice offered daily-Fat free flavored or 1% Low Fat Unflavored milk. The menu is subject to change due to product availability. Choice of fruit daily, veggie dippers and side salad upon availability. Water is available to all students. Students must choose 3 items and at least 1 must be a ½ cup fruit or ½ cup vegetable or both. Chef salads Tuesday –Thursday. Managers</p>	

Twiggs County Middle/ High School

BREAKFAST/LUNCH MENU

September 2021



<p>1-3 Grits served Monday- Thursday Daily Choice Entrée / Lunch</p> <p>Grilled Chicken Salad Sub Sandwich /Topping/chip</p>			<p>Wed., September 1</p> <p>Breakfast Pancake Stick w/ syrup or 2 oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Hamburger on Bun w/ Tomato, Lettuce, Pickles Potato Tots Applesauce w/Gelatin Fresh Fruit</p>	<p>Thurs., September 2</p> <p>Breakfast Breakfast Pizza Or 2 oz. Cereal or Cereal w/ Crackers</p> <p>Lunch General Tso Chicken w/ Roll Mexican Rice Broccoli w/cheese Carrot w/ dip Sliced Pears/ Fresh Fruit</p>	<p>Fri., September 3</p> <p>Breakfast Sausage Biscuit Twin w/ Jelly or 2 oz Super Donut</p> <p>Lunch Sack Lunch Early Dismissal</p>
<p>6-10 Choice Entrée/Lunch</p> <p>PB&J Sandwich/ Chip/ String Cheese</p> <p>Grilled Chicken Salad w/ Roll</p>	<p>Mon., September 6</p> <p>LABOR DAY</p>	<p>Tues., September 7</p> <p>Breakfast Pancake Bites w/syrup or 2oz. Cereal / Cereal w/ Muffin</p> <p>Lunch Beef Nuggets w/ Roll Creamed Potatoes Glazed Carrots Mixed Fruit / Fresh Fruit</p>	<p>Wed., September 8</p> <p>Breakfast Sausage Biscuit w/ Jelly Or 2 oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Chicken Sandwich Lett/tomato/pickle Oven Fries Baked Beans Carrot w/ Dip Sliced Peaches Fresh Fruit</p>	<p>Thurs., September 9</p> <p>Chicken Biscuit w/ jelly Pop Tart or 2 oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Spaghetti w/meat sauce w/Cheesy Breadstick Seasoned Corn Garden Salad w/dressing Applesauce w/ Gelatin/ Fresh Fruit</p>	<p>Fri., September 10</p> <p>Donut Stick w/Cheese or 2oz Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Hot Dog on Bun w/Onions Coleslaw Seasoned Fries Sliced Peaches/ Fresh Fruit Carrot w/ Dip Cherry Smooth Cup</p>
<p>Choice Entr'ee/ Lunch</p> <p>Grilled Chicken Salad w/ Breadstick</p>	<p>Mon., September 13</p> <p>Breakfast Chicken Biscuit w/Jelly or Honey Glazed Cinnamon Bun</p> <p>Lunch Chicken Nuggets w/ Roll w/sauce Glazed Carrots Broccoli w/ Cheese Mixed Fruit Fresh Fruit</p>	<p>Tues. September 14</p> <p>Breakfast Sausage Biscuit w/ Jelly or 2oz. Cereal or Cereal w/ Muffin</p> <p>Lunch BBQ Meatballs w/Roll Creamed Potatoes Seasoned Green Beans Carrot w/ Dip Fruit Cup</p>	<p>Wed., September 15</p> <p>Breakfast Pancake Stick w/syrup or 2oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Pepperoni Pizza Seasoned Corn Garden Salad w/ dressing Carrot w/ Dip Sliced Peaches Fresh Fruit</p>	<p>Thurs., September 16</p> <p>Breakfast Bacon Egg Biscuit w/ Jelly or 2 oz. Cereal or Cereal w/ Crackers</p> <p>Lunch Salisbury Steak w/ gravy & Roll Black eyed Peas Seasoned Rice Carrot w/Dip</p>	<p>Fri. September 17</p> <p>Breakfast Sausage Biscuit Twin w/ Jelly or 2 oz. Super Donut</p> <p>Lunch Shrimp & Grits w/Combread Garden Salad w/ dressing Carrot w/ Dip Diced Peaches Fresh Fruit</p>
<p>Choice of Entr'ee/ Lunch</p> <p>PB&J w/Chips w/ String Cheese</p> <p>Grilled Chicken Salad w/ Roll</p>	<p>Mon., September 20</p> <p>Breakfast Belgian Waffle Sticks w/ Sausage Link w/ Syrup or Honey Glazed Cinnamon Bun</p> <p>Lunch Chicken Fried Steak w/Roll Creamed Potatoes Sweet Peas Diced Pears/ Fresh Fruit</p>	<p>Tues., September 21</p> <p>Breakfast Pancake Bites/ Syrup or 2 oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Chicken Fajita Wrap w/Lettuce, Tomato, Cheese Mexicali Corn Seasoned Black Beans Carrot w/ Dip Mixed Fruit</p>	<p>Wed., September 22</p> <p>Breakfast Sausage Biscuit w/ Jelly or 2oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Beef Nacho w/ Chips w/Lettuce, Tomato, cheese Salsa Mexican Rice Carrot w/dip Sliced Pears Fresh Fruit</p>	<p>Thurs. September 23</p> <p>Breakfast Chicken Biscuit w/ jelly or 2oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Oven Fried Chicken Steamed Cabbages Creamed Potatoes Combread Side Kick Juice Fresh Fruit</p>	<p>Fri., September 24</p> <p>Breakfast Donut Stick w/ Cheese or Texas Apple Cinnamon Toast</p> <p>Lunch Hot Dog on Bun w/ onions Seasoned Fries Coleslaw Sliced Peaches</p>
<p>Mon. September 27</p> <p>Breakfast Chicken Biscuit w/ Jelly or Honey Glazed Cinnamon Bun</p> <p>Lunch Corn Dog Oven Fries Seasoned Green Beans Mixed Fruit Fresh Fruit</p>	<p>Tues. September 28</p> <p>Breakfast Sausage Biscuit w/Jelly or 2oz. Cereal or Cereal w/ Breakfast Bar</p> <p>Lunch Chicken Tender w/Roll/Sauce Seasoned Rice Sweet Peas Side Kick-Orange Fresh Fruit</p>	<p>Wed. September 29</p> <p>Breakfast Pancake Stick w/Syrup or 2oz. Cereal or Cereal w/ Muffin</p> <p>Lunch Hamburger on Bun w/ Lettuce, Tomato, Pickle Potato Tots Baked Beans Carrot w/ Dip Fruit Cup/ Fresh</p>	<p>Thurs. September 30</p> <p>Breakfast Bacon & Egg Biscuit w/ Jelly or 2oz Cereal or Cereal w/ Graham Crackers</p> <p>Lunch General Chicken Mexican Rice Seasoned Broccoli Carrot w/ Dip Cherry Smooth</p>	<p>Milk choice offered daily-Fat free flavored or 1% Low Fat Unflavored milk. The menu is subject to change due to product availability. Choice of fruit daily, veggie dippers and side salad upon availability. Water is available to all students. Students must choose 3 items and at least 1 must be a ½ cup fruit or ½ cup vegetable or both. Chef salads Tuesday -Thursday. Managers</p>	