


hello october,
please be good.

Medical Statement for Children with Special Dietary Needs: Each special dietary request must be supported by a statement, which explains the food substitution that is medical authority requested. It must be signed by a recognized authority.

GO CATS



MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
1	2	3	4	5	
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Pizza		Calories... 715
Hamburger	Fish Sandwich	Hot Dog & Bun	Corndog		Cholesterol...57 mg
French Fries	Potato Rounds	French Fries	Baked Beans		Sodium.1144 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	French Fries		Sugar 34.9 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Peaches		Carbohydrates 105.6 g
Applesauce cup	Fresh Fruit	Pineapple	Juice		
		Rice Krispies Treat	Cup Cake		
8	9	10	11	12	
	Spaghetti	Chicken Teriyaki Nuggets	Oven Baked Chicken	Ham and Cheese Sandwich	Calories...623
	Bread Sticks	Fish	Salisbury Steak	PB&J Sandwich	Cholesterol...60 mg
	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	Chips	Sodium.956 mg
	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Carrot Sticks	Sugar 34 g
	Corn	Roll	Strawberry Cup	Juice	Carbohydrates 90.4 g
	Diced Pears	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Fresh Fruit	Peaches	Roll		
				Early Dismissal	
15	16	17	18	19	
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...721
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...69 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium. 1133 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 31.2 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Cornbread	Peaches	Carbohydrates 100.5 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
	Rice Krispies Treat		Diced Pears	Cup Cake	
22	23	24	25	26	
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Oven Baked Chicken	Chicken Sandwich	Calories...716
Chicken Chunks	Bread Sticks	Fish	Salisbury Steak	BBQ Pork Sandwich	Cholesterol...69 mg
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 1122 mg
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 37.7 g
Blackeyed Peas	Corn	Roll	Rip Tide Slushie	Baked Beans	Carbohydrates 103.1 g
Carrots	Diced Pears	Fresh Fruit	Fresh Fruit	Mandarin Oranges	
Fruit Cocktail	Fresh Fruit	Peaches	Roll	Juice	
Applesauce cup					
29	30	31			Avg Nutrients Target
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips			Calories...718
Hamburger	Fish Sandwich	Hot Dog & Bun			Cholesterol...58 mg
French Fries	Potato Rounds	French Fries			Sodium. 1077 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato			Sugar 37.5 g

Fruit Cocktail	Rip Tide Slushie	Peach Cup		Carbohydrates 103.9 g
Applesauce cup	Fresh Fruit	Pineapple		
	Rice Krispies Treat	Pudding		
Low fat and fat free white, strawberry, lactose free milk and chocolate milk offered daily.				
Georgia Grown	Menu subject to change based on availability.			Locally Grown