



Valdosta City Schools		Horizon Breakfast			January 2019	
		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.				
		Milk choices: 1% White Milk Fat Free White Milk Lactose Free Milk Chocolate Milk				
Monday	Tuesday	Wednesday	Thursday	Friday	Avg Nutrients Target	
Sausage Biscuit	Honey Bun	Honey Bun	Honey Bun	Chicken Biscuit	Cals... 353	
OR	OR	OR	OR	OR	Chol... 4 mg	
Honey Bun	Poptart	Mini Donut Powered	Pancake Pup	Honey Bun	Sodium. 279 mg	
Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Sugar 30 g	
Honey Bun	French Toast	Honey Bun	Honey Bun	Honey Bun	Cals... 373	
OR	OR	OR	OR	OR	Chol... 11 mg	
Poptart	Honey Bun	Cereal Bar	Mini Donut Chocolate	Poptart	Sodium. 308* mg	
Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Sugar 33.3g	
		Menu subject to change based on availability.				
Georgia Grown	Local wellness policy at <a href="http://www.gocats.org/schoolnutrition">www.gocats.org/schoolnutrition</a>				Local Grown	
Breakfast is a Two Week Rotation						

December 18 and 19, 2018 will be Manager Choice Breakfast

