


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
1	2	3	4	5
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Pizza	
Hamburger	Fish Sandwich	PB&J Sandwich	Corndog	
French Fries	Potato Rounds	French Fries	Baked Beans	
Lettuce & Tomato	Green Beans	Lettuce & Tomato	French Fries	
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Peaches	
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
	Bread Sticks	Fish	Salisbury Steak	PB&J Sandwich
	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	Chips
	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Carrot Sticks
	Corn	Roll	Strawberry Cup	Juice
	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
Hamburger	Chicken Sandwich	Pizza	Pork Roast w/Gravy	Corndog
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Combread	Peaches
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
Chicken Chunks	Bread Sticks	Fish	Salisbury Steak	BBQ Pork Sandwich
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear
Blackeyed Peas	Corn	Roll	Rip Tide Slushie	Baked Beans
Carrots	Diced Pears	Fresh Fruit	Fresh Fruit	Mandarin Oranges
Fruit Cocktail	Fresh Fruit	Peaches	Roll	Juice
Applesauce cup				
29	30	31		
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips		
PB&J Sandwich	Chicken Sandwich	Pizza		
French Fries	Potato Rounds	French Fries		
Lettuce & Tomato	Green Beans	Lettuce & Tomato		
Fruit Cocktail	Rip Tide Slushie	Peach Cup		
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.

Offered daily a third Sandwich Choice.

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Avg Nutrients Target

Calories...602

Cholesterol...41 mg

Sodium.933 mg

Sugar 32.8 g

Carbohydrates 93.3 g

Calories...754

Cholesterol...60 mg

Sodium.1156 mg

Sugar 35 g

Carbohydrates 110 g

Calories...721

Cholesterol...69 mg

Sodium. 1133 mg

Sugar 31.2 g

Carbohydrates 100.5 g

Calories...591

Cholesterol...49 mg

Sodium. 1825 mg

Sugar 29.2 g

Carbohydrates 88.6 g

Avg Nutrients Target

Calories...717

Cholesterol...69 mg

Sodium. 1123 mg

Sugar 37.7 g

Carbohydrates 103.2 g

Locally Grown