



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.



MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
		8	9	10	Calories... 684 Cholesterol...71 mg Sodium.1040 mg Sugar 32.9 g Carbohydrates 95.1 g
		Grilled Chicken Sandwich	Country Fried Steak	Pizza	
		Cheeseburger	Pork Roast w/Gravy	Chicken Sandwich	
		French Fries	Mashed Potatoes	Baked Beans	
		Shredded Lettuce	Turnips	French Fries	
		Tomato Cherry	Cornbread	Peaches	
		Fruit Cocktail	Fresh Fruit	Juice	
	Applesauce cup	Diced Pears	Cup Cake		
13	14	15	16	17	Avg Nutrients Target
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Baked Chicken	Corndog	Calories...698 Cholesterol...66 mg Sodium. 1117 mg Sugar 37 g Carbohydrates 101.1 g
Chicken Chunks	Bread Sticks	Fish Sandwich	Salisbury Steak	BBQ Pork Sandwich	
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes	French Fries	
Roll	Shredded Lettuce	Broccoli/Cheese	Gravy Brown	Dill Spear	
Blackeyed Peas	Tomato Cherry	Roll	Green Beans	Baked Beans	
Carrots	Corn	Fresh Fruit	Rip Tide Slushie	Mandarin Oranges	
Fruit Cocktail	Diced Pears	Peaches	Fresh Fruit	Juice	
Applesauce cup	Fresh Fruit		Roll		
20	21	22	23	24	Avg Nutrients Target
Grilled Chicken Sandwich	Mac. Cheese w/Ham	Nachos	Country Fried Steak	Pizza	Calories...721 Cholesterol...69 mg Sodium. 1133 mg Sugar 31.2 g Carbohydrates 100.5 g
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Chicken Sandwich	
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	
Shredded Lettuce	Popeye Salad	Shredded Lettuce	Turnips	French Fries	
Tomato Cherry	Rip Tide Slushie	Tomato Cherry	Cornbread	Peaches	
Fruit Cocktail	Fresh Fruit	Peach Cup	Fresh Fruit	Juice	
Applesauce cup	Rice Krispies Treat	Pineapple	Diced Pears	Cup Cake	
27	28	29	30	31	Avg Nutrients Target
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Oven Baked Chicken	Corndog	Calories...700 Cholesterol...66 mg Sodium. 1106 mg Sugar 37.7 g Carbohydrates 101.7 g
Chicken Chunks	Bread Sticks	Fish Sandwich	Salisbury Steak	BBQ Pork Sandwich	
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes	French Fries	
Roll	Shredded Lettuce	Broccoli/Cheese	Gravy Brown	Dill Spear	
Blackeyed Peas	Tomato Cherry	Roll	Green Beans	Baked Beans	
Carrots	Corn	Fresh Fruit	Rip Tide Slushie	Mandarin Oranges	
Fruit Cocktail	Diced Pears	Peaches	Fresh Fruit	Juice	
Applesauce cup	Fresh Fruit		Roll		
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