

# Valdosta City Schools

# VHS Breakfast

# September 2018



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**

Milk choices:  
 1% White Milk  
 Fat Free White Milk  
 Lactose Free Milk  
 Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday	Avg Nutrients Target
Sausage Biscuit	Cheese Grits/Bacon	Biscuit/Sausage Link	Biscuit/Sausage	Chicken Biscuit	Cals... 525
Scrambled Eggs	Scrambled Eggs/Biscuit	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Chol... 87 mg
OR	OR	OR	OR	OR	Sodium. 700 mg
Morning Sausage Roll	Honey Bun	Poptart	Honey Bun	Morning Sausage Roll	Sugar 35.0g
OR	OR	OR	OR	OR	Carb 82.8g
Honey Bun	Poptart	Honey Bun	Pancake Pup	Honey Bun	
<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	
Pancake/ Sausage Link	Chicken Biscuit/ Grits	Breakfast In a Cup	Cheese Grits/ Bacon	Biscuit/ Sausage	Cals... 570
Scrambled Eggs	Scrambled Eggs	Biscuit	Scrambled Eggs/ Biscuit	Scrambled Eggs	Chol... 94 mg
OR	OR	OR	OR	OR	Sodium. 824* mg
Honey Bun	French Toast Sticks: IW	Honey Bun	Honey Bun	Honey Bun	Sugar 35.3g
OR	OR	OR	OR	OR	Carb 88.6g
Poptart	Honey Bun	Cereal Bar	Mini Donut Chocolate	Poptart	
<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	<b>Juice/ Fresh Fruit</b>	
Low fat and fat free white milk offered Daily.		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					

