

Valdosta City Schools

Horizon Breakfast

November 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
Poptart	Chicken Biscuit	Honey Bun	Honey Bun	Poptart	Cals... 353
OR	OR	OR	OR	OR	Chol... 4 mg
Honey Bun	Honey Bun	Cereal Bar	Mini Donut Chocolate	Honey Bun	Sodium. 279 mg
Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Sugar 30 g
Sausage Biscuit	Honey Bun	Honey Bun	Pancake Pup	Chicken Biscuit	Cals... 373
OR	OR	OR	OR	OR	Chol... 11 mg
Poptart	Poptart	Mini Donut Chocolate	Poptart	Honey Bun	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 www.gocats.org/schoolnutrition			Local Grown	
Breakfast is a Two Week Rotation					

