



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 GO CATS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
7	8	9	10	11	
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...582
French Fries	French Fries	French Fries	Rice / Tomatoes	Baked Beans	Sodium.1302 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 19.2 g
Fruit Cocktail	Fresh Fruit	Peach Cup	Cornbread	Peaches	Carbohydrates 69.8 g
			Apricots		
14	15	16	17	18	
Meatloaf	Toasted Cheese Sandwich	Chicken Teriyaki Nuggets	Oven Baked Chicken	Chicken Sandwich	Calories...784
Mac & Cheese	PB&J Sandwich	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 1276 mg
Roll	Beef Vegetable Soup	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 45.1 g
Blackeyed Peas	Lettuce & Tomato	Roll	Strawberry Cup	Baked Beans	Carbohydrates 96.3 g
Carrots	Juice	Peaches	Roll	Mandarin Oranges	
Fruit Cocktail	Fresh Fruit				
21	22	23	24	25	
Holiday	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corn dog	Calories...493
	Potato Rounds	French Fries	Rice / Tomatoes	Baked Beans	Sodium.778 mg
	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 21.7 g
	Fresh Fruit	Pineapple	Cornbread	Peaches	Carbohydrates 70.5 g
			Fresh Fruit		
28	29	30	31		Calories...644
Chicken Chunks	Toasted Cheese Sandwich	Fish	Salisbury Steak		Sodium. 1150 mg
Mac & Cheese	Chicken Noodle Soup	Scalloped Potato	Mashed Potatoes w/Gravy		Sugar 33.1 g
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans		Carbohydrates 84.3 g
Blackeyed Peas	Juice	Roll	Fresh Fruit		
Carrots	Fresh Fruit	Fresh Fruit	Roll		
Applesauce cup					

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
