

**Valdosta City Schools**

**Maceo Horne Learning Center Valdosta  
Early College Academy**

**August 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
		8	9	10	
		Grilled Chicken Sandwich	Country Fried Steak	Pizza	Calories... 685
		Cheeseburger	Pork Roast w/Gravy	<b>Chicken</b> Sandwich	Cholesterol...71 mg
		Pizza	<b>Chicken</b> Sandwich	PB&J Sandwich	Sodium.1042 mg
		French Fries	Mashed Potatoes	<b>Baked Beans</b>	Sugar 32.9 g
		Shredded Lettuce	Turnips	French Fries	Carbohydrates 95.2 g
		Tomato Cherry	Corbread	Peaches	
	Fruit Cocktail	<b>Fresh Fruit</b>	<b>Juice</b>		
	Applesauce Cup	Diced Pears	Cup Cake		
13	14	15	16	17	Avg Nutrients Target
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	<b>Baked Chicken</b>	Corndog	Calories...690
<b>Chicken Chunks</b>	Bread Sticks	Fish Sandwich	Salisbury Steak	BBQ Pork Sandwich	Cholesterol...66 mg
<b>Chicken</b> Sandwich	Pizza	Pizza	<b>Chicken</b> Sandwich	PB&J Sandwich	Sodium. 1098 mg
Mac & Cheese	PB&J Sandwich	Scalloped Potato	Mashed Potatoes	French Fries	Sugar 36.8 g
<b>Roll</b>	Shredded Lettuce	Broccoli/Cheese	Gravy Brown	Dill Spear	Carbohydrates 100 g
Blackeyed Peas	Tomato Cherry	<b>Roll</b>	Green Beans	<b>Baked Beans</b>	
Carrots	Corn	<b>Fresh Fruit</b>	Rip Tide Slushie	Mandarin Oranges	
Fruit Cocktail	Diced Pears	Peaches	<b>Fresh Fruit</b>	<b>Juice</b>	
Applesauce Cup	<b>Fresh Fruit</b>		<b>Roll</b>		
20	21	22	23	24	Avg Nutrients Target
Grilled Chicken Sandwich	Mac & Cheese w/Ham	Nachos	Country Fried Steak	Pizza	Calories...896
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	<b>Chicken</b> Sandwich	Cholesterol...66 mg
<b>Chicken</b> Sandwich	PB&J Sandwich	Pizza	<b>Chicken</b> Sandwich	PB&J Sandwich	Sodium. 1096 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	<b>Baked Beans</b>	Sugar 36.6 g
Shredded Lettuce	Popeye Salad	Shredded Lettuce	Turnips	French Fries	Carbohydrates 110.7 g
Tomato Cherry	Rip Tide Slushie	Tomato Cherry	Corbread	Peaches	
Fruit Cocktail	<b>Fresh Fruit</b>	Peach Cup	<b>Fresh Fruit</b>	<b>Juice</b>	
Applesauce Cup	<b>Rice Krispies Treat</b>	Pineapple	Diced Pears	Cup Cake	
27	28	29	30	31	Avg Nutrients Target
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	<b>Baked Chicken</b>	Corndog	Calories...687
<b>Chicken Chunks</b>	Bread Sticks	Fish Sandwich	Salisbury Steak	BBQ Pork Sandwich	Cholesterol...66 mg
<b>Chicken</b> Sandwich	PB&J Sandwich	Pizza	<b>Chicken</b> Sandwich	PB&J Sandwich	Sodium. 1096 mg
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes	French Fries	Sugar 36.9 g
<b>Roll</b>	Shredded Lettuce	Broccoli/Cheese	Gravy Brown	Dill Spear	Carbohydrates 99.4 g
Blackeyed Peas	Tomato Cherry	<b>Roll</b>	Green Beans	<b>Baked Beans</b>	
Carrots	Corn	<b>Fresh Fruit</b>	Rip Tide Slushie	Mandarin Oranges	
Fruit Cocktail	Diced Pears	Peaches	<b>Fresh Fruit</b>	<b>Juice</b>	
Applesauce Cup	<b>Fresh Fruit</b>		<b>Roll</b>		
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

