



Valdosta City Schools

Middle

	<p>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.</p>			
Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Syrup Poptart Honey Bun Fresh Fruit Juice	Pizza Sausage Mini Donut Honey Bun Fresh Fruit Juice	Chicken Biscuit Cereal Bar Honey Grahams Honey Bun Tater Tots/ Ketchup Juice / Fresh Fruit	Pancake Pub Cereal Honey Grahams Honey Bun Fresh Fruit Juice	Morning sausage roll Honey Bun Poptart Fresh Fruit Juice
Pancake Syrup Poptart Honey Bun Fresh Fruit Juice	Pizza Bagel Cereal Bar Honey Bun Fresh Fruit Juice	Biscuit/Grits Scrambled Eggs Sausage Link Poptart Honey Bun Juice / Fresh Fruit	French Toast Sticks Syrup Cereal / Honey Grahame Honey Bun Fresh Fruit Juice	Sausage Biscuit Jelly Mini Donut Honey Bun Fresh Fruit Juice
Breakfast is a two week rotation				
Low fat and fat free white milk offered Daily. Menu subject to change based				
Georgia Grown	Local wellness policy at <a href="http://www.gocats.org/schoolnutrition">www.gocats.org/schoolnutrition</a> The last week of School is Manager Choice Breakfast			

May 2018

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

**Avg Nutrients Target**

Calories.. 810  
Cholesterol...28 mg  
Sodium.935mg  
Sugar 65.1  
Carbohydrates 131.5

**Avg Nutrients Target**

Calories... 999  
Cholesterol...52 mg  
Sodium.1124 mg  
Sugar 84.1g  
Carbohydrates 171.4g

on availability.

Local Grown