



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

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
			1	2	
			Country Fried Steak	Pizza	Calories... 715
			Pork Roast w/Gravy	Corndog	Cholesterol...57 mg
			Mashed Potatoes	Baked Beans	Sodium.1144 mg
			Turnips	French Fries	Sugar 34.9 g
			Cornbread	Peaches	Carbohydrates 105.6 g
			Fresh Fruit	Juice	
			Diced Pears	Cup Cake	
5	6	7	8	9	
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Turkey	Chicken Sandwich	Calories...716
Chicken Chunks	Bread Sticks	Fish	Dressing/ w Giblet Gravy	BBQ Pork Sandwich	Cholesterol...69 mg
Mac & Cheese	Pizza	Scalloped Potato	Country Fried Steak	French Fries	Sodium. 1122 mg
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Green Beans	Dill Spear	Sugar 37.7 g
Blackeyed Peas	Corn	Roll	Sweet Potatoes	Baked Beans	Carbohydrates 103.1 g
Carrots	Diced Pears	Fresh Fruit	Roll	Mandarin Oranges	
Fruit Cocktail	Fresh Fruit	Peaches	Fresh Fruit	Juice	
Applesauce cup			Strawberry Cup		
12	13	14	15	16	
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...721
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...69 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium. 1133 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 31.2 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Cornbread	Peaches	Carbohydrates 100.5 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
	Rice Krispies Treat		Diced Pears	Cup Cake	
19	20	21	22	23	
26	27	28	29	30	Avg Nutrients Target
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...718
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...58 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium. 1077 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 37.5 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Cornbread	Peaches	Carbohydrates 103.9 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
	Rice Krispies Treat	Pudding	Diced Pears	Cup Cake	

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