

Valdosta City Schools

Middle Lunch


Jan-19



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
7	8	9	10	11	
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...848
Cheeseburger	Fish Sandwich	Pizza	Pork Roast w/Gravy	Corndog	Cholesterol...91 mg
French Fries	French Fries	French Fries	Rice / Tomatoes	Baked Beans	Sodium.1630 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 36.0 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Cornbread	Peaches	Carbohydrates 108.6 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
		Rice Krispies Treat	Apricots Cup	Cup Cake	
14	15	16	17	18	
Meatloaf	Toasted Cheese Sandwich	Chicken Teriyaki Nuggets	Oven Baked Chicken	Chicken Sandwich	Calories...1008
Chicken Chunks	PB&J Sandwich	Fish	Salisbury Steak	BBQ Pork Sandwich	Cholesterol...78 mg
Mac & Cheese	Beef Vegetable Soup	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 1490 mg
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 62 g
Black-eyed Peas	Juice	Roll	Strawberry Cup	Baked Beans	Carbohydrates 131.7 g
Carrots	Rip Tide Slushie	Fresh Fruit	Fresh Fruit	Mandarin Oranges	
Fruit Cocktail	Fresh Fruit	Peaches	Roll	Juice	
Applesauce cup					
21	22	23	24	25	
Holiday	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...848
	Fish Sandwich	Pizza	Pork Roast w/Gravy	Corndog	Cholesterol...91 mg
	Potato Rounds	French Fries	Rice / Tomatoes	Baked Beans	Sodium.1630 mg
	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 36.0 g
	Rip Tide Slushie	Peach Cup	Cornbread	Peaches	Carbohydrates 108.6 g
	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
		Rice Krispies Treat	Apricots Cup	Cup Cake	
28	29	30	31		Calories...1008
Meatloaf	Toasted Cheese Sandwich	Chicken Teriyaki Nuggets	Oven Baked Chicken		Cholesterol...78 mg
Chicken Chunks	PB&J Sandwich	Fish	Salisbury Steak		Sodium. 1490 mg
Mac & Cheese	Chicken Noodle Soup	Scalloped Potato	Mashed Potatoes w/Gravy		Sugar 62 g

<b>Roll</b>	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans		Carbohydrates 131.7 g
Black-eyed Peas	Juice	<b>Roll</b>	Strawberry Cup		
Carrots	Rip Tide Slushie	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>		
Fruit Cocktail	<b>Fresh Fruit</b>	Peaches	<b>Roll</b>		
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
Offered Salad Plate.					

---