





Valdosta City Schools

High School Lunch

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrient Target	
3	4	5	6	7		
 <p><b>LABOR DAY</b></p> <p>Offered Daily: Salad Bag Milk Varieties</p>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>		
	Fish Sandwich	Corndog	Sloppy Joe	Cheeseburger	Calories... 572	
	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	Cholesterol... 42 mg	
	Pork and Rice / Roll	Beef Taco & Chips	Pork Roast w/ Gravy	Fish Sandwich	Sodium... 765 mg	
	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	Carbohydrates. 89 g	
	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich		
	Chicken Sandwich Spicy	Chicken Chunks	Chicken Sandwich Spicy	Chicken Chunks		
	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>		
	Cheese	Pepperoni	Cheese	Cheese		
	Supreme	Meat Eater	Sausage	Ranchero		
	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>		
	Hot Dog	Cheeseburger	Country Fried Steak	BBQ Pork Sandwich		
	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>		
	Potato Rounds	Potato Crinkle Cut	Mashed Potatoes	<b>Baked Beans</b>		
	Popeye Salad	Lettuce & Tomato	Turnips	Potato Wedges		
Fresh Fruit	Peach Cup	Combread	<b>Juice</b>			
Slushie	Pineapple	Fresh Fruit	Diced Peaches			
<b>Rice Krispies Treat</b>		Diced Pears	<b>Cup Cake</b>			
10	11	12	13	14		
<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>		
Hot Dog & Bun	BBQ Pork Sandwich	Cheeseburger	Meatloaf Sandwich	Corndog		Cals... 583
<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>		Chol... 57 mg
<b>Chicken Chunks</b>	Spaghetti / Breadstick	Chicken Teriyaki Nuggets	Baked <b>Chicken /Roll</b>	Hot Ham & Cheese Sandwich		Sodium. 933 mg
<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	Carb 86.8 g	
Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich		
<b>Chicken Chunks</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>		
<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>		
Cheese	Cheese	Cheese	Cheese	Cheese		
Pepperoni	Sausage	Meateater	Pepperoni	Ranchero		
<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>		
Hamburger	Corn Dog	Grilled Chicken Sandwich	Salsbury Steak /Roll	BBQ Pork Sandwich		
<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>		
Macaroni & Cheese	Lettuce & Tomato	Scalloped Potato	Mashed Potatoes w/Gravy	Dill Spear		
Blackeyed Peas	Corn	Steamed Broccoli w/Cheese	Seasoned green beans	Potato Crinkle Cut		
Carrots Frozen	Diced Pears	<b>Roll</b>	Slushie	<b>Baked Beans</b>		
Fruit Cocktail	Fresh Fruit	Diced Peaches	Fresh Fruit	Chocolate Cupcake		
Apple Sauce cup	<b>Rice Krispies Treat</b>	Fresh Fruit	<b>Rice Krispies Treat</b>	<b>B/L Juice Choices</b>		
Chocolate Cupcake		Chocolate Cupcake		Mandarin Oranges		
17	18	19	20	21		
<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>		Avg
Grilled Chicken & Cheese	Fish Sandwich	Cheeseburger	Sloppy Joe	Cheeseburger		Cals... 572
<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>		Chol... 42* mg
Nachos & Cheese	Country Fried Steak/ Roll	Chicken Teriyaki Nugg.	Pork Roast w/ Gravy	Fish Sandwich	<b>Sodium. 765mg</b>	
<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	Sugar 34.1g	
Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Carb 89.12g	
<b>Chicken Chunks Buffalo</b>	<b>Spicy Chicken Sandwich</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Chunks</b>		
<b>Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>		
Cheese	Cheese	Cheese	Cheese	Cheese		
Pepperoni	Supreme	Meateater	Sausage	Ranchero		
<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>		
Hamburger	Hot Dog	Grilled Chicken Sandwich	Country Fried Steak	BBQ Pork Sandwich		
<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>		
Potato Crinkle Cut	Potato Rounds	Scalloped Potato	Mashed Potatoes	<b>Baked Beans</b>		
Lettuce & Tomato	Popeye Salad	Steamed Broccoli w/Cheese	Turnips	Potato Wedges		
Fruit Cocktail	Fresh Fruit	<b>Roll</b>	Combread	<b>Juice</b>		
Apple Sauce cup	Slushie	Diced Peaches	Fresh Fruit	Diced Peaches		
						

Chocolate Cupcake	Rice Krispies Treat	Fresh Fruit	Diced Pears	Rice Krispies Treat	
		Chocolate Cupcake			
24	25	26	27	28	
<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	<b>Winnersville Grill</b>	Avg
Hot Dog & Bun	BBQ Pork Sandwich	Cheeseburger	Meatloaf Sandwich	Corn dog	Cals... 583
<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	<b>Title Town Cafe</b>	Chol... 57 mg
<b>Chicken Chunks</b>	Spaghetti / Breadstick	Chicken Teriyaki Nuggets	Baked <b>Chicken /Roll</b>	Hot Ham & Cheese Sandwich	Sodium. 933 mg
<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	<b>Caxby</b>	Carb 86.8 g
Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	
<b>Chicken Chunks</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>	<b>Chicken Sandwich Spicy</b>	
<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	<b>Wildcat Pizzeria</b>	
Cheese	Cheese	Cheese	Cheese	Cheese	
Pepperoni	Sausage	Meateater	Pepperoni	Ranchero	
<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	<b>Dosta Diner</b>	
Hamburger	Corn Dog	Grilled Chicken Sandwich	Salsbury Steak / <b>Roll</b>	BBQ Pork Sandwich	
<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	<b>All Lines</b>	
Macaroni & Cheese	Lettuce & Tomato	Scalloped Potato	Mashed Potatoes w/Gravy	Dill Spear	
Blackeyed Peas	Corn	Steamed Broccoli w/Cheese	Seasoned green beans	Potato Crinkle Cut	
Carrots Frozen	Diced Pears	<b>Roll</b>	Slushie	<b>Baked Beans</b>	
Fruit Cocktail	Fresh Fruit	Diced Peaches	Fresh Fruit	Chocolate Cupcake	
Apple Sauce cup	<b>Rice Krispies Treat</b>	Fresh Fruit	<b>Rice Krispies Treat</b>	<b>B/L Juice Choices</b>	
Chocolate Cupcake		Chocolate Cupcake		Mandarin Oranges	
Georgia Grown	Local wellness policy at <a href="http://www.gocats.org/schoolnutrition">www.gocats.org/schoolnutrition</a>			Locally Grown	
Menu subject to change based on availability.					





