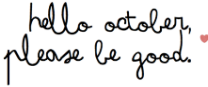




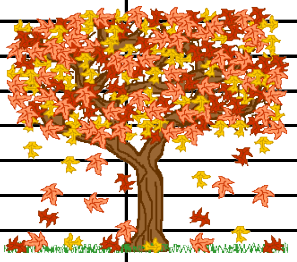


Valdosta City Schools

Middle Lunch

October 2018

	<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	Avg Nutrients Target
1	2	3	4	5	
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Pizza		Calories...602
Pizza	<b>Chicken</b> Sandwich	PB&J Sandwich	<b>Corndog</b>		Cholesterol...41 mg
French Fries	Potato Rounds	French Fries	<b>Baked Beans</b>		Sodium.933 mg
Lettuce & <b>Tomato</b>	Green Beans	Lettuce & <b>Tomato</b>	French Fries		Sugar 32.8 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Peaches		Carbohydrates 93.3 g
Applesauce cup	<b>Fresh Fruit</b>	Pineapple	<b>Juice</b>		
		<b>Rice Krispies Treat</b>	Cup Cake		
8	9	10	11	12	
	Spaghetti	Chicken Teriyaki Nuggets	<b>Oven Baked Chicken</b>	Ham and Cheese Sandwich	Calories...754
	Bread Sticks	Fish	Salisbury Steak	PB&J Sandwich	Cholesterol...60 mg
	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	Chips	Sodium.1156 mg
	Lettuce & <b>Tomato</b>	Steamed Broccoli & Cheese	Seasoned Green Beans	Carrot Sticks	Sugar 35 g
	Corn	<b>Roll</b>	Strawberry Cup	Juice	Carbohydrates 110 g
	Diced Pears	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	
	<b>Fresh Fruit</b>	Peaches	<b>Roll</b>		
				<b>Early Dismissal</b>	
15	16	17	18	19	
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...721
Hamburger	<b>Chicken</b> Sandwich	Pizza	Pork Roast w/Gravy	<b>Corndog</b>	Cholesterol...69 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	<b>Baked Beans</b>	Sodium. 1133 mg
Lettuce & <b>Tomato</b>	Green Beans	Lettuce & <b>Tomato</b>	Turnips	French Fries	Sugar 31.2 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Combread	Peaches	Carbohydrates 100.5 g
Applesauce cup	<b>Fresh Fruit</b>	Pineapple	<b>Fresh Fruit</b>	<b>Juice</b>	
	<b>Rice Krispies Treat</b>		Diced Pears	Cup Cake	
22	23	24	25	26	
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	<b>Oven Baked Chicken</b>	<b>Chicken</b> Sandwich	Calories...591
<b>Chicken Chunks</b>	Bread Sticks	Fish	Salisbury Steak	BBQ Pork Sandwich	Cholesterol...49 mg
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 1825 mg
<b>Roll</b>	Lettuce & <b>Tomato</b>	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 29.2 g
Blackeyed Peas	Corn	<b>Roll</b>	Rip Tide Slushie	<b>Baked Beans</b>	Carbohydrates 88.6 g
Carrots	Diced Pears	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	Mandarin Oranges	

Fruit Cocktail	<b>Fresh Fruit</b>	Peaches	<b>Roll</b>	<b>Juice</b>	
Applesauce cup					
29	30	31			Avg Nutrients Target
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips			Calories...717
PB&J Sandwich	<b>Chicken Sandwich</b>	Pizza			Cholesterol...69 mg
French Fries	Potato Rounds	French Fries			Sodium. 1123 mg
Lettuce & <b>Tomato</b>	Green Beans	Lettuce & <b>Tomato</b>			Sugar 37.7 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup			Carbohydrates 103.2 g
Applesauce cup	<b>Fresh Fruit</b>	Pineapple			
	<b>Rice Krispies Treat</b>	Pudding			
					
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	