



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
3 LABOR DAY 	4 Fish Sandwich	5 Hot Dog & Bun	6 Pork Roast w/Gravy	7 Chicken Sandwich	Calories...463
	Potato Rounds	French Fries	Mashed Potatoes w/Gravy	Baked Beans	Cholesterol...29 mg
	Popeye Salad	Shredded Lettuce	Turnips	French Fries	Sodium. 721 mg
	Fresh Fruit	Tomato Cherry	Cornbread	Peaches	Sugar 25 g
		Pineapple	Diced Pears		Carbohydrates 71 g
10	11	12	13	14	Calories...449
Chicken Chunks	Pizza	Fish	Salisbury Steak	BBQ Pork Sandwich	Cholesterol...41 mg
Macaroni & Cheese	Lettuce & Tomato	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 847 mg
Blackeyed Peas	Corn	Steamed Broccoli/ Cheese	Seasoned Green Beans	Dill Spear	Sugar 21.1 g
Carrots	Diced Pears	Roll	Roll	Baked Beans	Carbohydrates 64.7 g
Roll		Peaches	Fresh Fruit	Mandarin Oranges	
Fruit Cocktail					
Chicken Sandwich	Fish Sandwich	Taco chips/ beef	Country Fried Steak	Pizza	Calories...446
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Cholesterol...40 mg
Lettuce & Tomato	Popeye Salad	Lettuce & Tomato	Turnips	French Fries	Sodium.701 mg
Applesauce cup	Fresh Fruit	Pineapple	Cornbread	Peaches	Sugar 19.2 g
			Diced Pears		Carbohydrates 63.1 g
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Oven Baked Chicken	Corndog	Calories...466
Mac & Cheese	Bread Sticks	Scalloped Potato	Mashed Potatoes w Gravy	French Fries	Cholesterol...35 mg
Blackeyed Peas	Lettuce & Tomato	Steamed Broccoli/Cheese	Seasoned Green Beans	Dill Spear	Sodium. 822mg
Carrots	Corn	Roll	Fresh Fruit	Baked Beans	Sugar 20.8 g
Roll	Fresh Fruit	Peaches	Roll	Mandarin Oranges	Carbohydrates 68.9 g
Fruit Cocktail					

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

