



Valdosta City Schools		VHS Breakfast		January 2019	
	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.				Milk choices: 1% White Milk Fat Free White Milk Lactose Free Milk Chocolate Milk
Monday	Tuesday	Wednesday	Thursday	Friday	Avg Nutrients Target
Sausage Biscuit	Cheese Grits/ Bacon	Biscuit/ Sausage Link	Biscuit/ Sausage	Chicken Biscuit	Cals... 525
Scrambled Eggs	Scrambled Eggs/ Biscuit	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Chol... 87 mg
OR	OR	OR	OR	OR	Sodium. 700 mg
Morning Sausage Roll	Honey Bun	Poptart	Honey Bun	Morning Sausage Roll	Sugar 35.0g
OR	OR	OR	OR	OR	Carb 82.8g
Honey Bun	Poptart	Honey Bun	Pancake Pup	Honey Bun	
Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	
Pancake/ Sausage Link	Chicken Biscuit/ Grits	Breakfast In a Cup	Cheese Grits/ Bacon	Biscuit/ Sausage	Cals... 570
Scrambled Eggs	Scrambled Eggs	Biscuit	Scrambled Eggs/ Biscuit	Scrambled Eggs	Chol... 94 mg
OR	OR	OR	OR	OR	Sodium. 824* mg
Honey Bun	French Toast Sticks: IW	Honey Bun	Honey Bun	Honey Bun	Sugar 35.3g
OR	OR	OR	OR	OR	Carb 88.6g
Poptart	Honey Bun	Cereal Bar	Mini Donut Chocolate	Poptart	
Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	Juice/ Fresh Fruit	
Low fat and fat free white milk offered Daily.		Menu subject to change based on availability.			
Georgia Grown	Local wellness policy at www.gocats.org/schoolnutrition			Local Grown	
Breakfast is a Two Week Rotation					

