

Valdosta City Schools

HLC - VECA Lunch

November 2018



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

A third sandwich is offered daily.

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
			1	2	
Grilled Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...602
Hamburger	Fish Sandwich	PB&J Sandwich	Pork Roast w/Gravy	Corndog	Cholesterol...41 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium.933 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 32.8 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Combread	Diced Peaches	Carbohydrates 93.3 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Cookie	
				pudding	
5	6	7	8	9	
Meatloaf	Spaghetti / Bread Sticks	Chicken Teriyaki Nuggets	Turkey	Chicken Sandwich	Calories...754
Chicken Chunks	PBJ Sandwich	Pizza	Dressing w/ Giblet Gravy	BBQ Pork Sandwich	Cholesterol...60 mg
Mac & Cheese	Lettuce & Tomato	Scalloped Potato	Country Fried Steak	French Fries	Sodium.1156 mg
Roll	Corn	Steamed Broccoli & Cheese	Sweet Potatoes	Dill Spear	Sugar 35 g
Blackeyed Peas	Diced Pears	Roll	Seasoned Green Beans	Baked Beans	Carbohydrates 110 g
Carrots	Fresh Fruit	Fresh Fruit	Roll	Mandarin Oranges	
Fruit Cocktail		Peaches	Fresh Fruit	Cookie	
Applesauce cup			Strawberry Cup		
12	13	14	15	16	
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...721
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...69 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium. 1133 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 31.2 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup - Pineapple	Combread	Diced Peaches	Carbohydrates 100.5 g
Applesauce cup	Fresh Fruit	Pineapple / Peach Cup	Fresh Fruit	Pudding	
		Rice Krispie Treat	Diced Pears		
19	20		22	23	
26	27	28	29	30	Avg Nutrients Target
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...717
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...69 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium. 1123 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 37.7 g
Fruit Cocktail	Rip Tide Slushie	Corn	Combread	Diced Peaches	Carbohydrates 103.2 g
Applesauce cup	Fresh Fruit	Peach Cup - Pineapple	Fresh Fruit	Pudding	
		Rice Krispies Treat	Diced Pears		

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
