

hello october,  
please be good.

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  |
|---|----------------------------|----------------------------|--|---|
| 1   | 2                          | 3                          | 4  | 5   |
| Grilled Chicken Sandwich  | Chicken Sandwich           | PB&J Sandwich              | Pizza  |  |
| PB&J Sandwich   | PB&J Sandwich              | Hot Dog & Bun              | PB&J Sandwich  |   |
| French Fries  | Potato Rounds              | French Fries               | <b>Baked Beans</b>   |   |
| Lettuce & <b>Tomato</b>   | Green Beans                | Lettuce & <b>Tomato</b>    | French Fries   |   |
| Fruit Cocktail  | Rip Tide Slushie           | Peach Cup                  | Peaches  |   |
| 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   |
|   | Bread Sticks               | PB&J Sandwich              | PB&J Sandwich  | PB&J Sandwich   |
|   | PB&J Sandwich              | Scalloped Potato           | Mashed Potatoes w/Gravy  | Chips   |
|   | Lettuce & <b>Tomato</b>    | Broccoli & Cheese          | Seasoned Green Beans   | Carrot Sticks   |
|   | Corn                       | <b>Roll</b>                | Strawberry Cup   | Juice   |
|   | 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  |
| PB&J Sandwich   | Sloppy Joe                 | Chicken Sandwich           | PB&J Sandwich  | Pizza   |
| Hamburger   | PB&J Sandwich              | PB&J Sandwich              | Pork Roast w/Gravy   | PB&J Sandwich   |
| French Fries  | Potato Rounds              | French Fries               | Mashed Potatoes  | <b>Baked Beans</b>  |
| Lettuce & <b>Tomato</b>   | Green Beans                | Lettuce & <b>Tomato</b>    | Turnips  | French Fries  |
| Fruit Cocktail  | Rip Tide Slushie           | Peach Cup                  | Cornbread  | Peaches   |
| 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  |
| Chicken Sandwich  | Spaghetti                  | Country Fried Steak        | <b>Oven Baked Chicken</b>  | PB&J Sandwich   |
| PB&J Sandwich   | Bread Sticks               | PB&J Sandwich              | PB&J Sandwich  | BBQ Pork Sandwich   |
| Mac & Cheese  | PB&J Sandwich              | Scalloped Potato           | Mashed Potatoes w/Gravy  | French Fries  |
| <b>Roll</b>   | Lettuce & <b>Tomato</b>    | Broccoli & Cheese          | Seasoned Green Beans   | Dill Spear  |
| Blackeyed Peas  | Corn                       | <b>Roll</b>                | Rip Tide Slushie   | <b>Baked Beans</b>  |
| 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                         |  |   |
| Grilled Chicken Sandwich  | PB&J Sandwich              | PB&J Sandwich              |  |   |
| PB&J Sandwich   | Fish Sandwich              | Hot Dog & Bun              |  |   |
| French Fries  | Potato Rounds              | French Fries               |  |   |
| Lettuce & <b>Tomato</b>   | Green Beans                | Lettuce & <b>Tomato</b>    |  |   |
| Fruit Cocktail  | Rip Tide Slushie           | Peach Cup                  |  |   |
| 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.

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**Avg Nutrients Target**

Calories... 715

Cholesterol...57 mg

Sodium.1144 mg

Sugar 34.9 g

Carbohydrates 105.6 g

Calories...623

Cholesterol...60 mg

Sodium.956 mg

Sugar 34 g

Carbohydrates 90.4 g

Calories...721

Cholesterol...69 mg

Sodium. 1133 mg

Sugar 31.2 g

Carbohydrates 100.5 g

Calories...716

Cholesterol...69 mg

Sodium. 1122 mg

Sugar 37.7 g

Carbohydrates 103.1 g

**Avg Nutrients Target**

Calories...718

Cholesterol...58 mg

Sodium. 1077 mg

Sugar 37.5 g

Carbohydrates 103.9 g

**Locally Grown**