

Valdosta City Schools

Middle Lunch


September 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



MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
3	4	5	6	7	
 Salad Plates Offered Daily	Sloppy Joe	Beef Taco & Chips	Chicken Sandwich	Pizza	Calories... 898
	PB&J Sandwich	Pizza	Pork Roast w/Gravy	Chicken Sandwich	Cholesterol...108 mg
	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium.1982 mg
	Popeye Salad	Lettuce & Tomato	Turnips	French Fries	Sugar 39.9 g
	Rip Tide Slushie	Peach Cup	Combread	Peaches	Carbohydrates 111 g
	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
	Rice Krispies Treat		Diced Pears	Cup Cake	
10	11	12	13	14	
Chicken Sandwich	Pizza	Chicken Teriyaki Nuggets	Oven Baked Chicken	PB&J Sandwich	Calories...687
Chicken Chunks	PB&J Sandwich	Pizza	Chicken Sandwich	BBQ Pork Sandwich	Cholesterol...66 mg
Blackeyed Peas	Lettuce & Tomato	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 1096 mg
Carrots	Corn	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 36.8 g
Roll	Diced Pears	Roll	Rip Tide Slushie	Baked Beans	Carbohydrates 99.4 g
Fruit Cocktail	Fresh Fruit	Fresh Fruit	Fresh Fruit	Mandarin Oranges	
Applesauce cup		Peaches	Roll	Juice	
17	18	19	20	21	
Chicken Sandwich	Sloppy Joe	Beef Taco & Chips	Chicken Sandwich	Pizza	Calories...898
Hamburger	PB&J Sandwich	Pizza	Country Fried Steak	Chicken Sandwich	Cholesterol...108 mg
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Sodium. 1982 mg
Lettuce & Tomato	Popeye Salad	Lettuce & Tomato	Turnips	French Fries	Sugar 39.9 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Combread	Peaches	Carbohydrates 111 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
	Rice Krispies Treat		Diced Pears	Cup Cake	
24	25	26	27	28	
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Oven Baked Chicken	Comdog	Calories...687
Chicken Chunks	Bread Sticks	Pizza	Chicken Sandwich	PB&J Sandwich	Cholesterol...66 mg
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium. 1096 mg
Blackeyed Peas	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 36.6 g
Carrots	Corn	Roll	Rip Tide Slushie	Baked Beans	Carbohydrates 99.4 g
Roll	Diced Pears	Fresh Fruit	Fresh Fruit	Mandarin Oranges	
Fruit Cocktail	Fresh Fruit	Peaches	Roll	Juice	

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





