

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
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MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
1	2	3	4	5	
Grilled Chicken Sandwich	Fish Sandwich	Hot Dog & Bun	Corndog		Calories... 452
French Fries	Potato Rounds	French Fries	Baked Beans		Cholesterol...44 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	French Fries		Sodium.728 mg
Applesauce cup	Fresh Fruit	Pineapple	Peaches		Sugar 21.3 g
					Carbohydrates 68 g
8	9	10	11	12	
	Spaghetti	Chicken Teriyaki Nuggets	Oven Baked Chicken	Ham and Cheese Sandwich	Calories...416
	Bread Sticks	Scalloped Potato	Mashed Potatoes w/Gravy	Chips	Cholesterol...60 mg
	Corn	Broccoli & Cheese	Seasoned Green Beans	Carrot Sticks	Sodium.744 mg
	Lettuce & Tomato	Roll	Strawberry Cup	Fresh Fruit	Sugar 16.6 g
	Diced Pears	Peaches	Roll	Early Dismissal	Carbohydrates 56.6 g
15	16	17	18	19	
Hamburger	Sloppy Joe	Beef Taco & Chips	Pork Roast w/Gravy	Pizza	Calories...477
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans	Cholesterol...35 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sodium. 694 mg
Applesauce cup	Fresh Fruit	Peach Cup	Cornbread	Peaches	Sugar 22.6 g
			Fresh Fruit		Carbohydrates 70.3 g
22	23	24	25	26	
Chicken Chunks	Pizza	Fish	Salsbury Steak	BBQ Pork Sandwich	Calories...542
Mac & Cheese	Corn	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Cholesterol...42 mg
Roll	Lettuce & Tomato	Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sodium. 903 mg
Blackeyed Peas	Peach Cup	Roll	Roll	Baked Beans	Sugar 26.2 g
Carrots		Fresh Fruit	Fresh Fruit	Mandarin Oranges	Carbohydrates 81.9 g
Fruit Cocktail					
29	30	31			Avg Nutrients Target
Grilled Chicken Sandwich	Fish Sandwich	Hot Dog & Bun		Calories...483	
French Fries	Potato Rounds	French Fries		Cholesterol...34 mg	
Lettuce & Tomato	Green Beans	Lettuce & Tomato		Sodium. 712 mg	
Applesauce cup	Fresh Fruit	Pineapple		Sugar 24.2 g	
		Pudding		Carbohydrates 73.6 g	
<p>Low fat and fat free white, strawberry, lactose free milk and chocolate milk offered daily.</p>					
Georgia Grown		Menu subject to change based on availability.		Locally Grown	

