



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
			1	2	
			Pork Roast w/Gravy	Pizza	Calories... 452
			Mashed Potatoes	Baked Beans	Cholesterol...44 mg
			Turnips	French Fries	Sodium.728 mg
			Cornbread	Peaches	Sugar 21.3 g
			Fresh Fruit		Carbohydrates 68 g
5	6	7	8	9	
Chicken Chunks	Corn	Chicken Teriyaki Nuggets	Turkey	Chicken Sandwich	Calories...542
Mac & Cheese	Corn	Scalloped Potato	Dressing w/Giblet Gravy	French Fries	Cholesterol...42 mg
Roll	Lettuce & Tomato	Broccoli & Cheese	County Fried Steak	Baked Beans	Sodium. 903 mg
Blackeyed Peas	Peach Cup	Roll	Seasoned Green Beans	Dill Spear	Sugar 26.2 g
Carrots		Diced Pears	Roll / Sweet Potatoes	Mandarin Oranges	Carbohydrates 81.9 g
Applesauce			Fresh Fruit	Cookie	
			Strawberry Cup		
12	13	14	15	16	
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Comdog	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
Fruit Cocktail	Fresh Fruit	Corb	Cornbread	Diced Peaches	Sugar 22.6 g
		Peach Cup	Diced Pears		Carbohydrates 70.3 g
19	20	21	22	23	
26	27	28	29	30	Avg Nutrients Target
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...483
French Fries	Chips	French Fries	Mashed Potatoes	Baked Beans	Cholesterol...34 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sodium. 712 mg
Applesauce cup	Fresh Fruit	Corn	Cornbread	Peaches	Sugar 24.2 g
		Pineapple	Diced Pears		Carbohydrates 73.6 g

Low fat and fat free white, strawberry, lactose free milk and chocolate milk offered daily.

