

Valdosta City Schools

Middle 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

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	Avg Nutrients Target
			1	2	
			Country Fried Steak	Pizza	Calories...602
			Pork Roast w/Gravy	Corndog	Cholesterol...41 mg
			Mashed Potatoes	Baked Beans	Sodium.933 mg
			Turnips	French Fries	Sugar 32.8 g
			Combread	Peaches	Carbohydrates 93.3 g
			Fresh Fruit	Juice	
			Diced Pears	Cup Cake	
5	6	7	8	9	
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Turkey	Chicken Sandwich	Calories...754
Chicken Chunks	Bread Sticks	Fish	Dressing /W Giblet Gravy	BBQ Pork Sandwich	Cholesterol...60 mg
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes w/Gravy	French Fries	Sodium.1156 mg
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Seasoned Green Beans	Dill Spear	Sugar 35 g
Blackeyed Peas	Corn	Roll	Strawberry Cup	Baked Beans	Carbohydrates 110 g
Carrots	Diced Pears	Fresh Fruit	Fresh Fruit	Cookie	
Fruit Cocktail	Fresh Fruit	Peaches	Roll	Mandarin Oranges	
Applesauce cup					
12	13	14	15	16	
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...721
Hamburger	Chicken Sandwich	PBJ Sanswich	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	Combread	Peaches	Carbohydrates 100.5 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
		Rice Krispie Treat	Diced Pears	Cup Cake	
19	20	21	22	23	

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Hamburger	Chicken Sandwich	PBJ Sanswich	Pork Roast w/Gravy	Corndog	Cholesterol...69 mg
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Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 31.2 g
Fruit Cocktail	Rip Tide Slushie	Peach Cup	Cornbread	Peaches	Carbohydrates 100.5 g
Applesauce cup	Fresh Fruit	Pineapple	Fresh Fruit	Juice	
		Rice Krispie Treat	Diced Pears	Cup Cake	
	Rice Krispies Treat	pudding			
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	