

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 GO CATS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
				1	
				BBQ Pork Sandwich	Calories...500
				French Fries	Sodium.1076 mg
				Dill Spear	Sugar 27.6g
				Baked Beans	Carbohydrates 69.9 g
				Mandarin Oranges	
4	5	6	7	8	
Grilled Chicken Sandwich	Chili	Hot Dog & Bun	Country Fried Steak	Pizza	Calories...583
French Fries	French Fries	French Fries	Rice / Tomatoes	Baked Beans	Sodium. 1276 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 45.1 g
Applesauce Cup	Fresh Fruit	Mandarin oranges	Cornbread	Peaches	Carbohydrates 73.7 g
			Pears		
11	12	13	14	15	
Chicken Chunks	Toasted Cheese Sandwich	Chicken Teriyaki Nuggets	Oven Baked Chicken		Calories...493
Mac & Cheese	PB&J Sandwich	Scalloped Potato	Mashed Potatoes w/Gravy	Winter Break	Sodium.2304 mg
Roll	Beef Vegetable Soup	Steamed Broccoli & Cheese	Lima Beans	Winter Break	Sugar 54.9 g
Peas	Lettuce & Tomato	Roll	Strawberry Cup		Carbohydrates 123.1 g
Carrots	Green Beans	Peaches	Roll		
Apple sauce	Fresh Fruit				
18	19	20	21	22	
Winter Break	Fish Sandwich	Beef Taco & Chips	Pork Roast w/Gravy	Corndog	Calories...1029
Winter Break	Scalloped Potato	French Fries	Rice / Tomatoes	Baked Beans	Sodium. 2447 mg
	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 59.5 g
	Roll	Mandarin Oranges	Cornbread	Peaches	Carbohydrates 131.1g
	Fresh Fruit		Fresh Fruit		
25	26	27	28		
Chicken Chunks		Chicken Teriyaki Nuggets	Oven Baked Chicken		Calories...644
Mac & Cheese	Manager Choice	Scalloped Potato	Mashed Potatoes w/Gravy		Sodium. 1150 mg
Roll		Steamed Broccoli & Cheese	Lima Beans		Sugar 33.1 g
Peas		Roll	Strawberry Cup		Carbohydrates 84.3 g
Carrots		Peaches	Roll		

Fruit Cocktail					
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	

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