

Valdosta City Schools

Middle Lunch

February-19

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
				1	
				Chicken Sandwich	Calories...966
				BBQ Pork Sandwich	Cholesterol...73 mg
				French Fries	Sodium.1643 mg
				Dill Spear	Sugar 57.9 g
				Baked Beans	Carbohydrates 139.6 g
				Mandarin Oranges	
				Juice	
4	5	6	7	8	
Grilled Chicken Sandwich	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...846
Cheeseburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...92 mg
French Fries	Potato Rounds	French Fries	Rice / Tomatoes	Baked Beans	Sodium. 1617 mg
Lettuce & Tomato	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 39.8 g
Fruit Cocktail	Rip Tide Slushie	Fresh Fruit	Cornbread	Peaches	Carbohydrates108.4 g
Applesauce cup	Fresh Fruit	Mandarin Oranges	Fresh Fruit	Juice	
		Strawberry Cupcake	Pears	Cup Cake	
11	12	13	14	15	
Meatloaf	Toasted Cheese Sandwich	Chicken Teriyaki Nuggets	Oven Baked Chicken		Calories...1230
Chicken Chunks	PB&J Sandwich	Fish	Salisbury Steak	Winter Break	Cholesterol...122 mg
Mac & Cheese	Beef Vegetable Soup	Scalloped Potato	Mashed Potatoes w/Gravy	Winter Break	Sodium.2433 mg
Roll	Lettuce & Tomato	Steamed Broccoli & Cheese	Lima Beans		Sugar70.2 g
Peas	Green Beans	Roll	Strawberry Cup		Carbohydrates148.9 g
Carrots	Pears	Fresh Fruit	Fresh Fruit		
Fruit Cocktail	Fresh Fruit	Peaches	Roll		
18	19	20	21	22	
	Chili	Beef Taco & Chips	Country Fried Steak	Pizza	Calories...846
Winter Break	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Corndog	Cholesterol...92 mg
Winter Break	Potato Rounds	French Fries	Rice / Tomatoes	Baked Beans	Sodium. 1617 mg
	Green Beans	Lettuce & Tomato	Turnips	French Fries	Sugar 39.8 g
	Rip Tide Slushie	Fresh Fruit	Cornbread	Peaches	Carbohydrates108.4 g



	Fresh Fruit	Mandarin Oranges	Fresh Fruit	Juice	
		Strawberry Cupcake	Pears	Cup Cake	
25	26	27	28		
Meatloaf		Chicken Teriyaki Nuggets	Oven Baked Chicken		
Chicken Chunks		Fish	Salisbury Steak		Calories...1160
Mac & Cheese	Manager Choice	Scalloped Potato	Mashed Potatoes w/Gravy		Cholesterol...136 mg
Roll		Steamed Broccoli & Cheese	Lima Beans		Sodium. 2367 mg
Peas		Roll	Strawberry Cup		Sugar71.2 g
Carrots		Fresh Fruit	Fresh Fruit		Carbohydrates1154.9g
Fruit Cocktail		Peaches	Roll		
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
	Offered Daily Salad Plates				