



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
	Salad Plates offered Daily	8	9	10
		Grilled Chicken Sandwich	Country Fried Steak	Pizza
		Cheeseburger	Pork Roast w/Gravy	Chicken Sandwich
		Pizza	Chicken Sandwich	PB&J Sandwich
		French Fries	Mashed Potatoes	Baked Beans
		Shredded Lettuce	Turnips	French Fries
		Tomato Cherry	Cornbread	Peaches
		Fruit Cocktail	Fresh Fruit	Juice
Applesauce cup	Diced Pears	Cup Cake		
13	14	15	16	17
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Baked Chicken	Corndog
Chicken Chunks	Bread Sticks	Fish Sandwich	Salisbury Steak	BBQ Pork Sandwich
Chicken Sandwich	Pizza	Pizza	Chicken Sandwich	PB&J Sandwich
Mac & Cheese	PB&J Sandwich	Scalloped Potato	Mashed Potatoes	French Fries
Roll	Shredded Lettuce	Broccoli/Cheese	Gravy Brown	Dill Spear
Blackeyed Peas	Tomato Cherry	Roll	Green Beans	Baked Beans
Carrots	Corn	Fresh Fruit	Rip Tide Slushie	Mandarin Oranges
Fruit Cocktail	Diced Pears	Peaches	Fresh Fruit	Juice
Applesauce cup	Fresh Fruit		Roll	
20	21	22	23	24
Grilled Chicken Sandwich	Mac & Cheese w/Ham	Nachos	Country Fried Steak	Pizza
Hamburger	Fish Sandwich	Hot Dog & Bun	Pork Roast w/Gravy	Chicken Sandwich
Chicken Sandwich	PB&J Sandwich	Pizza	Chicken Sandwich	PB&J Sandwich
French Fries	Potato Rounds	French Fries	Mashed Potatoes	Baked Beans
Shredded Lettuce	Popeye Salad	Shredded Lettuce	Turnips	French Fries
Tomato Cherry	Rip Tide Slushie	Tomato Cherry	Cornbread	Peaches
Fruit Cocktail	Fresh Fruit	Peach Cup	Fresh Fruit	Juice
Applesauce cup	Rice Krispies Treat	Pineapple	Diced Pears	Cup Cake
27	28	29	30	31
Meatloaf	Spaghetti	Chicken Teriyaki Nuggets	Baked Chicken	Corndog
Chicken Chunks	Bread Sticks	Fish Sandwich	Salisbury Steak	BBQ Pork Sandwich
Chicken Sandwich	PB&J Sandwich	Pizza	Chicken Sandwich	PB&J Sandwich
Mac & Cheese	Pizza	Scalloped Potato	Mashed Potatoes	French Fries
Roll	Shredded Lettuce	Broccoli/Cheese	Gravy Brown	Dill Spear
Blackeyed Peas	Tomato Cherry	Roll	Green Beans	Baked Beans
Carrots	Corn	Fresh Fruit	Rip Tide Slushie	Mandarin Oranges
Fruit Cocktail	Diced Pears	Peaches	Fresh Fruit	Juice
Applesauce cup	Fresh Fruit		Roll	

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

2018

Avg Nutrients Target

Calories... 685
Cholesterol...71 mg
Sodium.1042 mg
Sugar 32.9 g
Carbohydrates 95.2 g

Avg Nutrients Target

Calories...690
Cholesterol...66 mg
Sodium. 1098 mg
Sugar 36.8 g
Carbohydrates 100 g

Avg Nutrients Target

Calories...896
Cholesterol...66 mg
Sodium. 1096 mg
Sugar 36.6 g
Carbohydrates 110.7 g

Avg Nutrients Target

Calories...687
Cholesterol...66 mg
Sodium. 1096 mg
Sugar 36.9 g
Carbohydrates 99.4 g

Locally Grown