

Valdosta City Schools

PrK Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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.



Milk choices :
1% White Milk
Fat Free White Milk
Lactose Free Milk

					Nutrients
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Monday	Tuesday	Wednesday	Thursday	Friday	
French Toast Sticks Syrup Sliced Apples	Pizza Bagel Fresh Orange	Biscuit/Grits Scrambled Eggs Sausage Link Banana	Sausage Biscuit Jelly Sliced Apples	Cereal Honey Grahams Sliced Apples	Calories... 227 Cholesterol... 8 mg Sodium. 279 mg Sugar 19.9 Carbohyddrates 39.0

Avg Nutrients Target

Chocolate Mini Donut Powdered Mini Donut Sliced Apples	. Pizza Sausage Fresh Orange	Chicken Biscuit Tater Tots/ Ketchup Banana	Cereal Honey Grahams Sliced Apples	Morning Sausage Roll Fresh Fruit	Calories... 237 Cholesterol... 30 Sodium. 378 Sugar 17.0 Carbohydrates 37.4
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Breakfast is a 2 week rotation.

Low fat and fat free white milk offered Daily. Menu subject to change based on availability.

Georgia Grown Local wellness policy at www.gocats.org/schoolnutrition Local Grown

March 2 - We will Serve - Biscuit - Scrambled Eggs - Ham Patty Seuss Happy Birthday Dr.



