



Valdosta City Schools		VHS			August 2018	
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.				<b>Milk choices :</b> <b>1% White Milk</b> <b>Fat Free White Milk</b> <b>Lactose Free Milk</b> <b>Chocolate Milk</b>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Avg Nutrients Target</b>	
Sausage Biscuit	Cheese Grits	Biscuit	Biscuit	Chicken Biscuit	Cals... 525	
Scrambled Eggs	Bacon	Sausage Link	Sausage Patty	Scrambled Eggs	Chol... 87 mg	
OR	Scrambled Eggs/Biscuit	Scrambled Eggs	Scrambled Eggs	OR	Sodium. 700 mg	
Morning Sausage Roll	OR	OR	OR	Morning Sausage Roll	Sugar 35.0g	
OR	Honey Bun	Honey Bun	Honey Bun	OR	Carb 82.8g	
Honey Bun	OR	OR	OR	Honey Bun		
<b>Juice</b>	Poptart	Cereal Bar	Pancake Pup	<b>Juice</b>		
<b>Fresh Fruit</b>	<b>Juice</b>	<b>Juice</b>	<b>Juice</b>	<b>Fresh Fruit</b>		
	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>			
Brex Pancake	Chicken Biscuit	Brex. In a Cup	Cheese Grits	Biscuit	Cals... 570	
Scrambled Eggs	Scrambled Eggs/Grits	Biscuit	Bacon	Sausage Patty	Chol... 94 mg	
Sausage Link	OR	OR	Scrambled Eggs/Biscuit	Scrambled Eggs	Sodium. 824* mg	
OR	French Toast Sticks	Honey Bun	OR	OR	Sugar 35.3g	
Honey Bun	OR	OR	Honey Bun	Honey Bun	Carb 88.6g	
OR	Honey Bun	Cereal Bar	OR	OR		
Poptart	Fresh Fruit	<b>Juice</b>	Mini Donut	Poptart		
<b>Juice</b>	<b>Juice</b>	<b>Fresh Fruit</b>	<b>Juice</b>	<b>Juice</b>		
<b>Fresh Fruit</b>	<b>Fresh Fruit</b>		<b>Fresh Fruit</b>	<b>Fresh Fruit</b>		
<b>Low fat and fat free white milk offered Daily.</b>			<b>Menu subject to change based on availability.</b>			
<b>Georgia Grown</b>	Local wellness policy at <a href="http://www.gocats.org/schoolnutrition">www.gocats.org/schoolnutrition</a>			<b>Local Grown</b>		
<b>Breakfast is a two week rotation.</b>						