

Valdosta City Schools

Middle

February

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.			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Country Fried Steak Pork Roast w/Gravy Mashed Potatoes Turnips Steamed Carrots Combread Fresh Fruit Diced Pears	2 Pizza Corn dog Baked Beans French Fries Peaches Juice Cup Cake
Preparing Meals For Healthy Hearts				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Meatloaf Chicken Chunks Mac & Cheese Roll Lima Beans Carrots Fruit Cocktail Juice	6 Spaghetti Bread Sticks Pizza Shredded Lettuce Tomato Cherry Corn Diced Pears Banana	7 Chicken Teriyaki Country Fried Steak Scalloped Potato Steamed Broccoli Roll Fresh Fruit Peaches	8 Oven Baked Chicken Salisbury Steak Mashed Potatoes Gravy Brown Seasoned Green Beans Rip Tide Slushie Fresh Fruit Roll	9 Chicken Sandwich BBQ Pork Sandwich French Fries Dill Spear Baked Beans Mandarin Oranges Juice Fresh Cookies
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Grilled Chicken Sandwich Hamburger French Fries Shredded Lettuce Tomato Sliced Carrots Juice Fruit Cocktail	13 Peanut Butter & Jelly Sandwich Toasted Cheese Sandwich Beef Vegetable Soup Shredded Lettuce Tomato Cherry Juice Fresh Fruit Rip Tide Slushie	14 Taco Chips/ Beef Hot Dog French Fries Shredded Lettuce Tomato Cherry Corn Apricots Pineapple Tidbits	15 Country Fried Steak Pork Roast w/Gravy Mashed Potatoes Turnips Steamed Carrots Combread Fresh Fruit Diced Pears	16 Pizza Corn dog Baked Beans French Fries Peaches Juice Cup Cake
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 HOLIDAY	20 Spaghetti Bread Sticks Pizza Shredded Lettuce Tomato Cherry Corn Diced Pears Banana	21 Chicken Teriyaki Country Fried Steak Scalloped Potato Steamed Broccoli Roll Fresh Fruit Peaches	22 Oven Baked Chicken Salisbury Steak Mashed Potatoes Gravy Brown Seasoned Green Beans Rip Tide Slushie Fresh Fruit Roll	23 Chicken Sandwich BBQ Pork Sandwich French Fries Dill Spear Baked Beans Mandarin Oranges Juice Fresh Cookies
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Grilled Chicken Sandwich Hamburger French Fries Shredded Lettuce Tomato Sliced	27 Peanut Butter & Jelly Sandwich Toasted Cheese Sandwich Chicken Noodle Soup Shredded Lettuce Tomato Cherry	28 Taco Chips/ Beef Hot Dog French Fries Shredded Lettuce Tomato Cherry		

Carrots
Juice
Fruit Cocktail

Peas
Orange
Rip Tide Slushie

Corn
Fresh Fruit
Pineapple

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

Offered Daily: Salad Plates and Sandwich Plates

Georgia Grown

Menu subject to change based on availability.

2018

Avg Nutrients Target

Calories... 335
Cholesterol.. 27 mg
Sodium. 541 mg
Sugar 21 g
Carbohydrates 50.4 g

Avg Nutrients Target

Calories... 681
Cholesterol... 58 mg
Sodium. 1273 mg
Sugar 58.1 g
Carbohydrates 102.6 g

Avg Nutrients Target

Calories... 879
Cholesterol... 63 mg
Sodium. 1353 mg
Sugar 48 g
Carbohydrates 105.2 g

Avg Nutrients Target

Calories... 681
Cholesterol... 58 mg
Sodium. 1273 mg
Sugar 58.1 g
Carbohydrates 102.6 g

Avg Nutrients Target

Calories... 1155
Cholesterol.. 72 mg
Sodium. 1987 mg
Sugar 62.3 g
Carbohydrates 134 g

