

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	Avg Nutrients Target
			1 Pork Roast w/Gravy Mashed Potatoes/Turnips Steamed Carrots Cornbread Diced Pears	2 Pizza Baked Beans French Fries Peaches Graham Cracker	Calories...468 Cholesterol.. 20 mg Sodium. 829 mg Sugar 18.8 g Carbohydrates 67 g
<b>Preparing Meals For Healthy Hearts</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
5 <b>Chicken Chunks</b> Mac & Cheese <b>Roll</b> Lima Beans Carrots Fruit Cocktail	6 Spaghetti Bread Sticks Shredded Lettuce <b>Tomato Cherry</b> Corn Banana	7 Chicken Teriyaki Scalloped Potato Steamed Broccoli <b>Roll</b> Strawberry Cup	8 <b>Oven Baked Chicken</b> Mashed Potatoes Gravy Brown Seasoned Green Beans <b>Fresh Fruit</b> <b>Roll</b>	9 <b>Chicken</b> Sandwich French Fries Dill Spear Baked Beans Mandarin Oranges Graham Cracker	Calories...498 Cholesterol...43 mg Sodium. 1003 mg Sugar 31.4 g Carbohydrates 72 g
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
12 Hamburger French Fries Shredded Lettuce <b>Tomato Sliced</b> Carrots Fruit Cocktail	13 Peanut Butter & Jelly Sandwich Toasted Cheese Sandwich Beef Vegetable Soup Shredded Lettuce <b>Tomato Cherry</b> Juice <b>Fresh Fruit</b>	14 Taco Chips/ Beef French Fries Shredded Lettuce <b>Tomato Cherry</b> Corn Apricots	15 Country Fried Steak Mashed Potatoes Turnips Steamed Carrots Cornbread Diced Pears	16 Corn dog Baked Beans French Fries Peaches Graham Cracker	Calories...809 Cholesterol...52 mg Sodium. 1232 mg Sugar 43.5 g Carbohydrates 95.9 g
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
19 <b>Holiday</b>	20 Pizza Shredded Lettuce <b>Tomato Cherry</b> Corn Banana	21 Fish Scalloped Potato Steamed Broccoli <b>Roll</b> Peaches	22 Salisbury Steak Mashed Potatoes Gravy Brown Seasoned Green Beans <b>Fresh Fruit</b> <b>Roll</b>	23 BBQ Pork Sandwich French Fries Dill Spear Baked Beans Mandarin Oranges Graham Cracker	Calories...427 Cholesterol...30 mg Sodium.778 mg Sugar 58.1 g Carbohydrates 102.6 g
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Avg Nutrients Target
29 Grilled Chicken Sandwich French Fries Shredded Lettuce Tomato Sliced Carrots Fruit Cocktail	30 Peanut Butter & Jelly Sandwich Toasted Cheese Sandwich Chicken Noodle Soup Shredded Lettuce <b>Tomato Cherry</b> Peas <b>Orange</b>	31 Hot Dog French Fries Shredded Lettuce <b>Tomato Cherry</b> Corn Pineapple			Calories... 796 Cholesterol.. 41 mg Sodium. 1457 mg Sugar 39.6 g Carbohydrates 86.2 g
Low fat and fat free white milk offered daily.					
<b>Georgia Grown</b>		Menu subject to change based on availability.			<b>Locally Grown</b>