



| Valdosta City Schools | | Horizon | | |
|---|---|----------------------|---|----------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | <p>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.</p> | |  | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Sausage Roll | Chicken Biscuit | Sausage Biscuit | Honey Bun | Morning Sausage Roll |
| OR | OR | OR | OR | OR |
| Honey Bun | Poptart | Mini Powdered Donuts | Pancake Pup | Honey Bun |
| Juice | Juice | Juice | Juice | Juice |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| | | | | |
| Honey Bun | French Toast Sticks | Sausage Biscuit | Morning Sausage Roll | Chicken Biscuit |
| OR | OR | OR | OR | OR |
| Poptart | Honey Bun | Cereal Bar | Mini Donut | Poptart |
| Juice | Juice | Juice | Juice | Juice |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Low fat and fat free white milk offered Daily. | | | Menu subject to change based on av | |
| Georgia Grown | Local wellness policy at www.gocats.org/schoolnutrition | | | |
| Breakfast is a two week rotation. | | | | |

August 2018

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

Avg Nutrients Target

Cals... 525

Chol... 87 mg

Sodium. 700 mg

Sugar 35.0g

Carb 82.8g

Cals... 570

Chol... 94 mg

Sodium. 824* mg

Sugar 35.3g

Carb 88.6g

ailability.

Local Grown