

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Apr - 1 Bacon Cheeseburger WG B Potato Rounds ketchup, indiv 7 grams Carrot Sticks Ranch Dip, FF PEACHES CUP BANANA, SMALL Orange, Fresh MILK - Variety	Apr - 2 MEATBALL SUB Chex Mix WG BROCCOLI,raw Ranch Dip, FF Red & Orange Peppers APPLE, MED. BANANA, SMALL ORANGES MILK - Variety	Apr - 3 Chicken Patty WG Bun Sun Chips WG Cucumber Slices Ranch Dip, FF Baked Beans Pineapple Tidbits APPLE, MED. Strawberries MILK - Variety	Apr - 4 Ham & CheeseWG Flatbrea PRETZELS, FISH SHAPED Peppers Green Celery Sticks w Wow Butter APPLE, MED. Orange Wedges MILK - Variety	Apr - 5 BBQ Pork WG Bun Cheese, Cheddar Stick Sun Chips WG Cucumber Slices Carrot Sticks Ranch Dip, FF Grapes, Fresh CANTALOUPE MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">938 110%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1457 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">39.2g 16.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">122.0g 52.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">35.6g 34.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.8g 13.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	938 110%	Sodium.	1457 mg	Prot	39.2g 16.7%Cal	Carb	122.0g 52.0%Cal	T.Fat	35.6g 34.1%Cal	S.Fat	13.8g 13.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">976 115%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1520 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">46.0g 18.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">155.5g 63.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.5g 20.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.2*g 3.0%Cal</td> </tr> </table>	Nutrients	Target	Cals...	976 115%	Sodium.	1520 mg	Prot	46.0g 18.9%Cal	Carb	155.5g 63.7%Cal	T.Fat	22.5g 20.7%Cal	S.Fat	3.2*g 3.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1032 121%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1596 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">42.1g 16.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">147.0g 57.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.5g 17.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.4*g 3.9%Cal</td> </tr> </table>	Nutrients	Target	Cals...	1032 121%	Sodium.	1596 mg	Prot	42.1g 16.3%Cal	Carb	147.0g 57.0%Cal	T.Fat	19.5g 17.0%Cal	S.Fat	4.4*g 3.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">711 95%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">910 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">23.6g 13.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">104.2g 58.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.9g 29.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.2*g 5.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	711 95%	Sodium.	910 mg	Prot	23.6g 13.3%Cal	Carb	104.2g 58.7%Cal	T.Fat	22.9g 29.0%Cal	S.Fat	4.2*g 5.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">874 103%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1229 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">44.8g 20.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">103.2g 47.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.5g 20.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.9*g 9.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	874 103%	Sodium.	1229 mg	Prot	44.8g 20.5%Cal	Carb	103.2g 47.2%Cal	T.Fat	19.5g 20.1%Cal	S.Fat	8.9*g 9.2%Cal
Nutrients	Target																																																																									
Cals...	938 110%																																																																									
Sodium.	1457 mg																																																																									
Prot	39.2g 16.7%Cal																																																																									
Carb	122.0g 52.0%Cal																																																																									
T.Fat	35.6g 34.1%Cal																																																																									
S.Fat	13.8g 13.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	976 115%																																																																									
Sodium.	1520 mg																																																																									
Prot	46.0g 18.9%Cal																																																																									
Carb	155.5g 63.7%Cal																																																																									
T.Fat	22.5g 20.7%Cal																																																																									
S.Fat	3.2*g 3.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1032 121%																																																																									
Sodium.	1596 mg																																																																									
Prot	42.1g 16.3%Cal																																																																									
Carb	147.0g 57.0%Cal																																																																									
T.Fat	19.5g 17.0%Cal																																																																									
S.Fat	4.4*g 3.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	711 95%																																																																									
Sodium.	910 mg																																																																									
Prot	23.6g 13.3%Cal																																																																									
Carb	104.2g 58.7%Cal																																																																									
T.Fat	22.9g 29.0%Cal																																																																									
S.Fat	4.2*g 5.3%Cal																																																																									
Nutrients	Target																																																																									
Cals...	874 103%																																																																									
Sodium.	1229 mg																																																																									
Prot	44.8g 20.5%Cal																																																																									
Carb	103.2g 47.2%Cal																																																																									
T.Fat	19.5g 20.1%Cal																																																																									
S.Fat	8.9*g 9.2%Cal																																																																									
Apr - 8 Chicken/Bacon RanchWG H Munch WG Snack Mix Tomatoes, Cherry Carrot Sticks Ranch Dip, FF FRESH APPLE WEDGES Orange, Fresh MILK - Variety	Apr - 9 Chicken/Cheese Quesadilla Nacho Scoops WG Salsa/H Cucumber Slices Red & Orange Peppers Ranch Dip, FF Mandarin Oranges, cup APPLE, MED. MILK - Variety	Apr - 10 Cheeseburger/Pretzel Bun CRACKERS, CHEDDAR FISH Baked Beans CELERY/CARROTS Ranch Dip, FF FRESH APPLE WEDGES Grapes, Fresh MILK - Variety	Apr - 11 Steak/CheeseWG Hoagie Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Orange, Fresh HONEYDEW MELON MILK - Variety	Apr - 12 Grilled Chicken/M Cheese/ Chex Mix WG BROCCOLI,raw Carrot Sticks Ranch Dip, FF Strawberries APPLE, MED. MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">782 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1355 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">40.2g 20.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">126.4g 64.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.2g 16.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.7*g 4.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	782 100%	Sodium.	1355 mg	Prot	40.2g 20.6%Cal	Carb	126.4g 64.7%Cal	T.Fat	14.2g 16.3%Cal	S.Fat	3.7*g 4.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">696 93%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">888 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">63.9g 36.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">113.2g 65.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.0g 18.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.2*g 4.1%Cal</td> </tr> </table>	Nutrients	Target	Cals...	696 93%	Sodium.	888 mg	Prot	63.9g 36.7%Cal	Carb	113.2g 65.0%Cal	T.Fat	14.0g 18.2%Cal	S.Fat	3.2*g 4.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">956 112%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1777 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.5g 18.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">123.1g 51.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.0g 30.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.2*g 12.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	956 112%	Sodium.	1777 mg	Prot	43.5g 18.2%Cal	Carb	123.1g 51.5%Cal	T.Fat	32.0g 30.1%Cal	S.Fat	13.2*g 12.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">792 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1450 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.7g 17.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">104.9g 52.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.4g 33.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">11.6*g 13.2%Cal</td> </tr> </table>	Nutrients	Target	Cals...	792 100%	Sodium.	1450 mg	Prot	34.7g 17.5%Cal	Carb	104.9g 52.9%Cal	T.Fat	29.4g 33.4%Cal	S.Fat	11.6*g 13.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">772 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1127 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">46.1g 23.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">121.9g 63.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.4g 16.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.2*g 3.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	772 100%	Sodium.	1127 mg	Prot	46.1g 23.9%Cal	Carb	121.9g 63.2%Cal	T.Fat	14.4g 16.7%Cal	S.Fat	3.2*g 3.8%Cal
Nutrients	Target																																																																									
Cals...	782 100%																																																																									
Sodium.	1355 mg																																																																									
Prot	40.2g 20.6%Cal																																																																									
Carb	126.4g 64.7%Cal																																																																									
T.Fat	14.2g 16.3%Cal																																																																									
S.Fat	3.7*g 4.3%Cal																																																																									
Nutrients	Target																																																																									
Cals...	696 93%																																																																									
Sodium.	888 mg																																																																									
Prot	63.9g 36.7%Cal																																																																									
Carb	113.2g 65.0%Cal																																																																									
T.Fat	14.0g 18.2%Cal																																																																									
S.Fat	3.2*g 4.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	956 112%																																																																									
Sodium.	1777 mg																																																																									
Prot	43.5g 18.2%Cal																																																																									
Carb	123.1g 51.5%Cal																																																																									
T.Fat	32.0g 30.1%Cal																																																																									
S.Fat	13.2*g 12.4%Cal																																																																									
Nutrients	Target																																																																									
Cals...	792 100%																																																																									
Sodium.	1450 mg																																																																									
Prot	34.7g 17.5%Cal																																																																									
Carb	104.9g 52.9%Cal																																																																									
T.Fat	29.4g 33.4%Cal																																																																									
S.Fat	11.6*g 13.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	772 100%																																																																									
Sodium.	1127 mg																																																																									
Prot	46.1g 23.9%Cal																																																																									
Carb	121.9g 63.2%Cal																																																																									
T.Fat	14.4g 16.7%Cal																																																																									
S.Fat	3.2*g 3.8%Cal																																																																									

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
<p>Apr - 15</p> <p>Hot Dog WG bun with chili Nacho Scoops WG Salsa/H Tomatoes, Cherry Peppers Green Ranch Dip, FF PEACHES CUP Orange, Fresh MILK - Variety</p>	<p>Apr - 16</p> <p>French Bread WG Cheesy Pi Munch WG Snack Mix Carrot Sticks BROCCOLI, raw Ranch Dip, FF FRESH APPLE WEDGES Grapes, Fresh MILK - Variety</p>	<p>Apr - 17</p> <p>MEATBALL SUB Sun Chips WG Refried Beans Celery Sticks w Wow Butter Ranch Dip, FF APPLE, MED. Mandarin Oranges, cup MILK - Variety</p>	<p>Apr - 18</p> <p>Pizza WG Pepperoni/Cheese Flat Chex Mix WG BROCCOLI, raw Red & Orange Peppers Grapes, Fresh Orange, Fresh MILK - Variety</p>	<p>Apr - 19</p> <p>NO SCHOOL</p>																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">773 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1368 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">27.8g 14.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">106.8g 55.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.1g 33.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.0*g 11.6%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	773 100%	Sodium.	1368 mg	Prot	27.8g 14.4%Cal	Carb	106.8g 55.3%Cal	T.Fat	29.1g 33.9%Cal	S.Fat	10.0*g 11.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">727 97%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1384 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">35.8g 19.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">116.0g 63.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.5*g 19.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.5*g 6.8%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	727 97%	Sodium.	1384 mg	Prot	35.8g 19.7%Cal	Carb	116.0g 63.9%Cal	T.Fat	15.5*g 19.2%Cal	S.Fat	5.5*g 6.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">1225 144%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1781 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">52.2g 17.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">143.1g 46.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">34.8*g 25.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.6*g 4.1%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1225 144%	Sodium.	1781 mg	Prot	52.2g 17.0%Cal	Carb	143.1g 46.7%Cal	T.Fat	34.8*g 25.6%Cal	S.Fat	5.6*g 4.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">681 91%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1298 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">37.7g 22.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">94.8g 55.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.1*g 24.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.0*g 9.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	681 91%	Sodium.	1298 mg	Prot	37.7g 22.2%Cal	Carb	94.8g 55.7%Cal	T.Fat	18.1*g 24.0%Cal	S.Fat	7.0*g 9.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot	0.0g 0.0%Cal	Carb	0.0g 0.0%Cal	T.Fat	0.0*g 0.0%Cal	S.Fat	0.0*g 0.0%Cal
Nutrients	Target																																																																									
Cals...	773 100%																																																																									
Sodium.	1368 mg																																																																									
Prot	27.8g 14.4%Cal																																																																									
Carb	106.8g 55.3%Cal																																																																									
T.Fat	29.1g 33.9%Cal																																																																									
S.Fat	10.0*g 11.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	727 97%																																																																									
Sodium.	1384 mg																																																																									
Prot	35.8g 19.7%Cal																																																																									
Carb	116.0g 63.9%Cal																																																																									
T.Fat	15.5*g 19.2%Cal																																																																									
S.Fat	5.5*g 6.8%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1225 144%																																																																									
Sodium.	1781 mg																																																																									
Prot	52.2g 17.0%Cal																																																																									
Carb	143.1g 46.7%Cal																																																																									
T.Fat	34.8*g 25.6%Cal																																																																									
S.Fat	5.6*g 4.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	681 91%																																																																									
Sodium.	1298 mg																																																																									
Prot	37.7g 22.2%Cal																																																																									
Carb	94.8g 55.7%Cal																																																																									
T.Fat	18.1*g 24.0%Cal																																																																									
S.Fat	7.0*g 9.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot	0.0g 0.0%Cal																																																																									
Carb	0.0g 0.0%Cal																																																																									
T.Fat	0.0*g 0.0%Cal																																																																									
S.Fat	0.0*g 0.0%Cal																																																																									
<p>Apr - 22</p> <p>Ham & Cheese WG Croissa Cheese, Cheddar Stick Nacho Scoops WG Salsa/H Tomatoes, Cherry CELERY/CARROTS Ranch Dip, FF Grapes, Fresh PEACHES CUP BANANA, SMALL MILK - Variety</p>	<p>Apr - 23</p> <p>Italian Sub Munch WG Snack Mix Tomatoes, Cherry Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Strawberries MILK - Variety</p>	<p>Apr - 24</p> <p>Steak/Cheese WG Hoagie PRETZELS, FISH SHAPED Carrot Sticks BROCCOLI, raw Ranch Dip, FF APPLE, MED. Mandarin Oranges, cup MILK - Variety</p>	<p>Apr - 25</p> <p>BQ Pork WG Bun Cheese, Cheddar, Cubes Nacho Scoops WG Salsa/H Carrot Sticks Cucumber Slices Ranch Dip, FF Orange, Fresh HONEYDEW MELON MILK - Variety</p>	<p>Apr - 26</p> <p>Bacon Cheeseburger WG B Doritos Baked Beans Baked Fries ketchup, indiv 7 grams FRESH APPLE WEDGES Grapes, Fresh MILK - Variety</p>																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">895 105%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1528 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">40.3g 18.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">113.9g 50.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.1*g 32.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.6*g 6.6%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	895 105%	Sodium.	1528 mg	Prot	40.3g 18.0%Cal	Carb	113.9g 50.9%Cal	T.Fat	32.1*g 32.3%Cal	S.Fat	6.6*g 6.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">851 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1442 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">41.4g 19.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">110.2g 51.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.5*g 31.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.4*g 9.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	851 100%	Sodium.	1442 mg	Prot	41.4g 19.5%Cal	Carb	110.2g 51.8%Cal	T.Fat	29.5*g 31.2%Cal	S.Fat	9.4*g 9.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">897 106%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1410 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.4g 17.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">136.5g 60.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">25.2*g 25.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.7*g 9.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	897 106%	Sodium.	1410 mg	Prot	38.4g 17.1%Cal	Carb	136.5g 60.9%Cal	T.Fat	25.2*g 25.3%Cal	S.Fat	9.7*g 9.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">864 102%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1365 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">44.2g 20.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">123.4g 57.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.6*g 25.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.7*g 9.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	864 102%	Sodium.	1365 mg	Prot	44.2g 20.5%Cal	Carb	123.4g 57.1%Cal	T.Fat	24.6*g 25.6%Cal	S.Fat	8.7*g 9.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">880 103%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1378 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">42.8g 19.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">105.0g 47.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.1*g 32.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">12.9*g 13.1%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	880 103%	Sodium.	1378 mg	Prot	42.8g 19.4%Cal	Carb	105.0g 47.7%Cal	T.Fat	32.1*g 32.8%Cal	S.Fat	12.9*g 13.1%Cal
Nutrients	Target																																																																									
Cals...	895 105%																																																																									
Sodium.	1528 mg																																																																									
Prot	40.3g 18.0%Cal																																																																									
Carb	113.9g 50.9%Cal																																																																									
T.Fat	32.1*g 32.3%Cal																																																																									
S.Fat	6.6*g 6.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	851 100%																																																																									
Sodium.	1442 mg																																																																									
Prot	41.4g 19.5%Cal																																																																									
Carb	110.2g 51.8%Cal																																																																									
T.Fat	29.5*g 31.2%Cal																																																																									
S.Fat	9.4*g 9.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	897 106%																																																																									
Sodium.	1410 mg																																																																									
Prot	38.4g 17.1%Cal																																																																									
Carb	136.5g 60.9%Cal																																																																									
T.Fat	25.2*g 25.3%Cal																																																																									
S.Fat	9.7*g 9.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	864 102%																																																																									
Sodium.	1365 mg																																																																									
Prot	44.2g 20.5%Cal																																																																									
Carb	123.4g 57.1%Cal																																																																									
T.Fat	24.6*g 25.6%Cal																																																																									
S.Fat	8.7*g 9.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	880 103%																																																																									
Sodium.	1378 mg																																																																									
Prot	42.8g 19.4%Cal																																																																									
Carb	105.0g 47.7%Cal																																																																									
T.Fat	32.1*g 32.8%Cal																																																																									
S.Fat	12.9*g 13.1%Cal																																																																									

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																												
Apr - 29 BBQ Pork WG Bun Cheese, Cheddar Stick Munch WG Snack Mix Tomatoes, Cherry Cucumber Slices Ranch Dip, FF FRESH PEAR Orange, Fresh MILK - Variety	Apr - 30 Pizza WG Pepperoni/Cheese Flat Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers Strawberries APPLE, MED. MILK - Variety																															
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">860 101%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1352 mg</td> </tr> <tr> <td>Prot 46.1g</td> <td style="text-align: right;">21.4%Cal</td> </tr> <tr> <td>Carb 122.5g</td> <td style="text-align: right;">57.0%Cal</td> </tr> <tr> <td>T.Fat 23.0*g</td> <td style="text-align: right;">24.0%Cal</td> </tr> <tr> <td>S.Fat 8.9*g</td> <td style="text-align: right;">9.3%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	860 101%	Sodium.	1352 mg	Prot 46.1g	21.4%Cal	Carb 122.5g	57.0%Cal	T.Fat 23.0*g	24.0%Cal	S.Fat 8.9*g	9.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">877 103%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1555 mg</td> </tr> <tr> <td>Prot 41.2g</td> <td style="text-align: right;">18.8%Cal</td> </tr> <tr> <td>Carb 125.7g</td> <td style="text-align: right;">57.4%Cal</td> </tr> <tr> <td>T.Fat 23.8*g</td> <td style="text-align: right;">24.4%Cal</td> </tr> <tr> <td>S.Fat 7.8*g</td> <td style="text-align: right;">8.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	877 103%	Sodium.	1555 mg	Prot 41.2g	18.8%Cal	Carb 125.7g	57.4%Cal	T.Fat 23.8*g	24.4%Cal	S.Fat 7.8*g	8.0%Cal			
Nutrients	Target																															
Cals...	860 101%																															
Sodium.	1352 mg																															
Prot 46.1g	21.4%Cal																															
Carb 122.5g	57.0%Cal																															
T.Fat 23.0*g	24.0%Cal																															
S.Fat 8.9*g	9.3%Cal																															
Nutrients	Target																															
Cals...	877 103%																															
Sodium.	1555 mg																															
Prot 41.2g	18.8%Cal																															
Carb 125.7g	57.4%Cal																															
T.Fat 23.8*g	24.4%Cal																															
S.Fat 7.8*g	8.0%Cal																															

USDA IS AN EQUAL OPPORTUNITY PROVIDER

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.