## **CABELL COUNTY SCHOOLS**

Page 1 CABELL COUNTY SCHOOLS ELEMENTARY BREAKFAST MENU APRIL 2019

Mar 27, 2019

Page I Monday	Tuesday	Wednesday	Thursday	Mar 27, 2019 <b>Friday</b>
Apr - 1	Apr - 2	Apr - 3	Apr - 4	Apr - 5
Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Applesauce Cup MILK - Variety	Cereal to Go WG Egg/Cheese WG Croissant Fruit Juice, Assorted Craisins MILK - Variety	Cereal to Go WG Chicken & Slider Bun WG Cheese Stick Breakfast Fruit Juice, Assorted Apricot Cup MILK - Variety	Cereal to Go WG Oatmeal Cup WG Cinnamo Fruit Juice, Assorted Apples, Sliced MILK - Variety	Cereal to Go WG FRENCH TOAST STICKS Yogurt breakfast - 4 oz Fruit Juice, Assorted BANANA, SMALL MILK - Variety
Nutrients Target Cals 740 148% Sodium. 1313 mg Prot 20.7g 11.2%Cal Carb 98.7g 53.3%Cal T.Fat 30.1g 36.6%Cal S.Fat 14.9g 18.2%Cal	Nutrients Target Cals 697 139% Sodium. 817 mg Prot 19.8g 11.4%Cal Carb 119.7g 68.7%Cal T.Fat 17.0g 22.0%Cal S.Fat 6.6g 8.5%Cal	Nutrients Target Cals 672 134% Sodium. 1080 mg Prot 35.7g 21.3%Cal Carb 101.3g 60.2%Cal T.Fat 16.6g 22.3%Cal S.Fat 5.3g 7.2%Cal	Nutrients Target Cals 557 111% Sodium. 611 mg Prot 17.3g 12.4%Cal Carb 112.1g 80.4%Cal T.Fat 4.3g 6.9%Cal S.Fat 0.6g 1.0%Cal	Nutrients Target Cals 841 168% Sodium. 1423 mg Prot 28.8g 13.7%Cal Carb 150.9g 71.8%Cal T.Fat 13.4g 14.3%Cal S.Fat 3.6g 3.9%Cal
Apr - 8	Apr - 9	Apr - 10	Apr - 11	Apr - 12
Cereal to Go WG MVP WG Low Fat Donut Cheese Stick Breakfast Fruit Juice, Assorted Apples, Sliced MILK - Variety	Cereal to Go WG Chicken & Biscuit Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Cereal to Go WG Sausage Pancake WG Stick Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Cereal to Go WG Egg/Bacon WG Croissant Yogurt breakfast - 4 oz Fruit Juice, Assorted Strawberries MILK - Variety	Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Grapes, Fresh MILK - Variety
Nutrients Target Cals 647 129% Sodium. 911 mg Prot 23.2g 14.4%Cal Carb 108.5g 67.0%Cal T.Fat 14.1g 19.6%Cal S.Fat 5.9g 8.3%Cal	Nutrients Target Cals 646 129% Sodium. 1308 mg Prot 28.8g 17.8%Cal Carb 97.1g 60.1%Cal T.Fat 17.2g 23.9%Cal S.Fat 9.4g 13.2%Cal	Nutrients Target Cals 641 128% Sodium. 924 mg Prot 21.1g 13.2%Cal Carb 99.7g 62.3%Cal T.Fat 17.9g 25.1%Cal S.Fat 5.4g 7.5%Cal	Nutrients Target Cals 656 131% Sodium. 932 mg Prot 24.4g 14.8%Cal Carb 104.1g 63.4%Cal T.Fat 16.0g 21.9%Cal S.Fat 5.1g 7.0%Cal	Nutrients Target Cals 696 139% Sodium. 1298 mg Prot 20.8g 12.0%Cal Carb 85.1g 48.9%Cal T.Fat 30.2g 39.0%Cal S.Fat 14.9g 19.3%Cal
Apr - 15	Apr - 16	Apr - 17	Apr - 18	Apr - 19
Cereal to Go WG FRENCH TOAST STICKS Yogurt breakfast - 4 oz Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Cereal to Go WG Muffin, WG Berry Cheese Stick Breakfast Fruit Juice, Assorted Strawberries MILK - Variety	Cereal to Go WG Egg/Cheese Omelet Biscuit Pillsbury Fruit Juice, Assorted BANANA, SMALL MILK - Variety	NO SCHOOL

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<sup>\*</sup>N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data.

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Mar 27, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals 852 170% Sodium. 1423 mg Prot 28.4g 13.3%Cal Carb 154.1g 72.3%Cal T.Fat 13.5g 14.2%Cal S.Fat 3.6g 3.8%Cal	Nutrients Target Cals 696 139% Sodium. 1298 mg Prot 20.8g 12.0%Cal Carb 85.1g 48.9%Cal T.Fat 30.2g 39.0%Cal S.Fat 14.9g 19.3%Cal	Nutrients Target Cals 584 117% Sodium. 807 mg Prot 21.3g 14.6%Cal Carb 97.1g 66.5%Cal T.Fat 13.7g 21.0%Cal S.Fat 4.8g 7.5%Cal	Nutrients Target Cals 649 130% Sodium. 1013 mg Prot 24.1g 14.9%Cal Carb 95.5g 58.8%Cal T.Fat 19.3g 26.8%Cal S.Fat 11.8g 16.4%Cal	Nutrients Target Cals 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal
Apr - 22	Apr - 23	Apr - 24	Apr - 25	Apr - 26
Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Strawberries MILK - Variety	Scooby Graham WG Wow Butter, Breakfast Chicken & Slider Bun WG Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Cereal to Go WG Egg/Cheese WG Bagel Fruit Juice, Assorted BANANA, SMALL MILK - Variety	Cereal to Go WG Oatmeal Cup WG Cinnamo Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety
Nutrients Target Cals 715 143% Sodium. 1299 mg Prot 21.1g 11.8%Cal Carb 90.0g 50.3%Cal T.Fat 30.2g 38.1%Cal S.Fat 14.9g 18.8%Cal	Nutrients Target Cals 754 151% Sodium. 859 mg Prot 35.0g 18.6%Cal Carb 94.2g 49.9%Cal T.Fat 28.0g 33.4%Cal S.Fat 5.8g 6.9%Cal	Nutrients Target Cals 722 144% Sodium. 1215 mg Prot 23.2g 12.8%Cal Carb 123.9g 68.7%Cal T.Fat 14.9g 18.6%Cal S.Fat 4.4g 5.5%Cal	Nutrients Target Cals 564 113% Sodium. 849 mg Prot 20.5g 14.5%Cal Carb 97.6g 69.2%Cal T.Fat 10.6g 16.9%Cal S.Fat 3.1g 4.9%Cal	Nutrients Target Cals 553 111% Sodium. 608 mg Prot 17.4g 12.6%Cal Carb 111.5g 80.7%Cal T.Fat 4.2g 6.8%Cal S.Fat 0.6g 1.0%Cal
Apr - 29	Apr - 30			
CEREAL BAR WGCHEERIO Sausage Pancake WG Stick Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Cereal to Go WG Bread, Zucchini WG Cheese Stick Breakfast Breakfast Pizza WG Fruit Juice, Assorted Strawberries MILK - Variety			
Nutrients Target Cals 505 101% Sodium. 738 mg Prot 20.7g 16.4%Cal Carb 68.6g 54.4%Cal T.Fat 16.9g 30.1%Cal S.Fat 5.3g 9.5%Cal	Nutrients Target Cals 734 147% Sodium. 1267 mg Prot 28.3g 15.4%Cal Carb 112.1g 61.1%Cal T.Fat 19.7g 24.1%Cal S.Fat 6.8g 8.4%Cal			

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<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data.