

# CABELL COUNTY SCHOOLS

## HIGH SCHOOL GRAB N GO LUNCH MENU APRIL 2019

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Mar 27, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Bacon Cheeseburger WG B Grilled Chicken/M Cheese/ Potato Rounds ketchup, indiv 7 grams Carrot Sticks Ranch Dip, FF PEACHES CUP BANANA, SMALL Orange, Fresh MILK - Variety	Apr - 2 MEATBALL SUB Pepperoni/Cheese WG Roll Chex Mix WG BROCCOLI,raw Ranch Dip, FF Red & Orange Peppers APPLE, MED. BANANA, SMALL ORANGES MILK - Variety	Apr - 3 Chicken Patty WG Bun French WG Bread Cheesy/P Sun Chips WG Cucumber Slices Ranch Dip, FF Baked Beans Pineapple Tidbits APPLE, MED. Strawberries MILK - Variety	Apr - 4 Ham & CheeseWG Flatbrea Beef & Cheese Burrito Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers Celery Sticks w Wow Butter APPLE, MED. Orange Wedges MILK - Variety	Apr - 5 BBQ Pork WG Bun Cheese, Cheddar Stick Hot Dog WG bun with chili Sun Chips WG Cucumber Slices Carrot Sticks Ranch Dip, FF APPLE, MED. CANTALOUPE MILK - Variety
Apr - 8 Chicken/Bacon RanchWG H Italian Sub Munch WG Snack Mix Tomatoes, Cherry Carrot Sticks Ranch Dip, FF FRESH APPLE WEDGES Orange, Fresh MILK - Variety	Apr - 9 Chicken Patty WG Bun French WG Bread Cheesy/P Chex Mix WG Carrot Sticks Cucumber Slices Ranch Dip, FF Mandarin Oranges, cup APPLE, MED. SUNFLOWER SEEDS MILK - Variety	Apr - 10 Steak/CheeseWG Hoagie Pizza WG Peppero/Che Flat Potato Rounds ketchup, indiv 7 grams CELERY/CARROTS Ranch Dip, FF Orange, Fresh HONEYDEW MELON MILK - Variety	Apr - 11 Cheeseburger/Pretzel Bun Chicken Fajita Quesadilla PRETZELS, FISH SHAPED Baked Beans Tomatoes, Cherry Ranch Dip, FF APPLE, MED. BANANA, SMALL FRESH PEAR MILK - Variety	Apr - 12 Grilled Chicken/M Cheese/ Philly Steak/Cheese WGSan Munch WG Snack Mix BROCCOLI,raw Carrot Sticks Ranch Dip, FF Strawberries APPLE, MED. BANANA, SMALL MILK - Variety
Apr - 15 Footlong Hot Dog w Meat BBQ Buffalo Chicken/Chees Baked Fries ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF PEACHES CUP Orange, Fresh BANANA, SMALL MILK - Variety	Apr - 16 Turkey & Cheese WG hoagi BBQ Pork WG Bun Cheese, Cheddar Stick BROCCOLI,raw Carrot Sticks Ranch Dip, FF BANANA, SMALL Orange, Fresh Strawberry Cup MILK - Variety	Apr - 17 MEATBALL SUB Pizza WG Peppero/Che Flat Sun Chips WG Refried Beans Celery Sticks w Wow Butter Ranch Dip, FF APPLE, MED. Mandarin Oranges, cup MILK - Variety	Apr - 18 Chicken Patty WG Bun Cheeseburger WG Bun Munch WG Snack Mix Carrot Sticks Tomatoes, Cherry Ranch Dip, FF BANANA, SMALL APPLE, MED. KIWI MILK - Variety	Apr - 19 NO SCHOOL

**\*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.

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Apr - 22  BBQ Pork WG Bun Cheese, Cheddar Stick French Bread WG Cheesy Pi Doritos Tomatoes, Cherry CELERY/CARROTS Ranch Dip, FF APPLES, Fresh Orange, Fresh KIWI MILK - Variety	Apr - 23  Italian Sub Toasted WG Cheese Sandwi Munch WG Snack Mix Peppers Green Ranch Dip, FF Celery Sticks Wow Butter FRESH APPLE WEDGES Strawberries Orange, Fresh MILK - Variety	Apr - 24  Ham & Cheese WG Hoagie Pizza WG Peppero/Che Flat Sun Chips WG Carrot Sticks BROCCOLI, raw Ranch Dip, FF APPLE, MED. Mandarin Oranges, cup MILK - Variety	Apr - 25  Bacon Cheeseburger WG B Corndog WG PRETZELS, FISH SHAPED Carrot Sticks Cucumber Slices Ranch Dip, FF Orange, Fresh BANANA, SMALL KIWI MILK - Variety	Apr - 26  Pepperoni/Cheese WG Roll Ranch Chicken/Cheddar Wr Baked Fries ketchup, indiv 7 grams Baked Beans Orange, Fresh FRESH APPLE WEDGES Strawberry Cup MILK - Variety
Apr - 29  Philly Steak/Cheese WGSan Chicken Patty WG Bun CRACKERS, CHEDDAR FISH Tomatoes, Cherry Celery Sticks Ranch Dip, FF FRESH PEAR Orange, Fresh BANANA, SMALL MILK - Variety	Apr - 30  Ham & Cheese WG Flatbrea Crisпитos Chicken & Chee Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers Strawberries APPLE, MED. MILK - Variety			

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