

# CABELL COUNTY SCHOOLS

## HIGH SCHOOL LUNCH MENU APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Apr - 1  CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Peaches Grapes, Fresh Hot Roll WG Pudding, Chocolate MILK - Variety	Apr - 2  Pepperoni/Cheese WG Roll Broccoli, Parmesan Corn Mandarin Oranges BLUEBERRY TARTW/WHIPP Cookie Choc Chip WW MILK - Variety	Apr - 3  Baked Steak with Gravy Mashed Potatoes Baked Beans Pineapple Slices Strawberries Hot Roll WG MILK - Variety	Apr - 4  Beefy Nachos WG Rice, Spanish WG Refried Beans Red & Orange Peppers Corn Orange Wedges HONEYDEW MELON MILK - Variety	Apr - 5  BEEF VEGETABLE SOUP Hot Dog WG bun with chili Creamy Cole Slaw KIWI Peaches ROYAL BROWNIES 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;">851 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">821 mg</td> </tr> <tr> <td>Prot 40.2g</td> <td style="text-align: right;">18.9%Cal</td> </tr> <tr> <td>Carb 135.7g</td> <td style="text-align: right;">63.7%Cal</td> </tr> <tr> <td>T.Fat 17.8g</td> <td style="text-align: right;">18.8%Cal</td> </tr> <tr> <td>S.Fat 5.0g</td> <td style="text-align: right;">5.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	851 100%	Sodium.	821 mg	Prot 40.2g	18.9%Cal	Carb 135.7g	63.7%Cal	T.Fat 17.8g	18.8%Cal	S.Fat 5.0g	5.2%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;">1096 129%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1662 mg</td> </tr> <tr> <td>Prot 49.5g</td> <td style="text-align: right;">18.1%Cal</td> </tr> <tr> <td>Carb 136.1g</td> <td style="text-align: right;">49.7%Cal</td> </tr> <tr> <td>T.Fat 45.2g</td> <td style="text-align: right;">37.1%Cal</td> </tr> <tr> <td>S.Fat 17.2g</td> <td style="text-align: right;">14.1%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1096 129%	Sodium.	1662 mg	Prot 49.5g	18.1%Cal	Carb 136.1g	49.7%Cal	T.Fat 45.2g	37.1%Cal	S.Fat 17.2g	14.1%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;">861 101%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1452 mg</td> </tr> <tr> <td>Prot 35.9g</td> <td style="text-align: right;">16.7%Cal</td> </tr> <tr> <td>Carb 126.7g</td> <td style="text-align: right;">58.8%Cal</td> </tr> <tr> <td>T.Fat 24.7g</td> <td style="text-align: right;">25.8%Cal</td> </tr> <tr> <td>S.Fat 8.7g</td> <td style="text-align: right;">9.1%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	861 101%	Sodium.	1452 mg	Prot 35.9g	16.7%Cal	Carb 126.7g	58.8%Cal	T.Fat 24.7g	25.8%Cal	S.Fat 8.7g	9.1%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;">1010 119%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1158 mg</td> </tr> <tr> <td>Prot 45.2g</td> <td style="text-align: right;">17.9%Cal</td> </tr> <tr> <td>Carb 145.1g</td> <td style="text-align: right;">57.4%Cal</td> </tr> <tr> <td>T.Fat 27.5g</td> <td style="text-align: right;">24.5%Cal</td> </tr> <tr> <td>S.Fat 7.4g</td> <td style="text-align: right;">6.6%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1010 119%	Sodium.	1158 mg	Prot 45.2g	17.9%Cal	Carb 145.1g	57.4%Cal	T.Fat 27.5g	24.5%Cal	S.Fat 7.4g	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;">848 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1516 mg</td> </tr> <tr> <td>Prot 33.1g</td> <td style="text-align: right;">15.6%Cal</td> </tr> <tr> <td>Carb 118.0g</td> <td style="text-align: right;">55.6%Cal</td> </tr> <tr> <td>T.Fat 30.3g</td> <td style="text-align: right;">32.2%Cal</td> </tr> <tr> <td>S.Fat 11.1g</td> <td style="text-align: right;">11.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	848 100%	Sodium.	1516 mg	Prot 33.1g	15.6%Cal	Carb 118.0g	55.6%Cal	T.Fat 30.3g	32.2%Cal	S.Fat 11.1g	11.7%Cal
Nutrients	Target																																																																									
Cals...	851 100%																																																																									
Sodium.	821 mg																																																																									
Prot 40.2g	18.9%Cal																																																																									
Carb 135.7g	63.7%Cal																																																																									
T.Fat 17.8g	18.8%Cal																																																																									
S.Fat 5.0g	5.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1096 129%																																																																									
Sodium.	1662 mg																																																																									
Prot 49.5g	18.1%Cal																																																																									
Carb 136.1g	49.7%Cal																																																																									
T.Fat 45.2g	37.1%Cal																																																																									
S.Fat 17.2g	14.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	861 101%																																																																									
Sodium.	1452 mg																																																																									
Prot 35.9g	16.7%Cal																																																																									
Carb 126.7g	58.8%Cal																																																																									
T.Fat 24.7g	25.8%Cal																																																																									
S.Fat 8.7g	9.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1010 119%																																																																									
Sodium.	1158 mg																																																																									
Prot 45.2g	17.9%Cal																																																																									
Carb 145.1g	57.4%Cal																																																																									
T.Fat 27.5g	24.5%Cal																																																																									
S.Fat 7.4g	6.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	848 100%																																																																									
Sodium.	1516 mg																																																																									
Prot 33.1g	15.6%Cal																																																																									
Carb 118.0g	55.6%Cal																																																																									
T.Fat 30.3g	32.2%Cal																																																																									
S.Fat 11.1g	11.7%Cal																																																																									
Apr - 8  Beef a Roni WG Caesar Salad w Ranch Dres Peas Peaches Applesauce Ice Cream Hot Roll WG MILK - Variety	Apr - 9  Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrots Honey Coins Blueberry Shortcake Grapes, Fresh MILK - Variety	Apr - 10  Broccoli & Cheese Soup Ham & Cheese WG Croissa Cucumber Slices Ranch Dip, FF Orange Slices HONEYDEW MELON MILK - Variety	Apr - 11  Chicken Fajita Quesadilla Nacho Scoops WG Salsa/H Baked Beans Baked Fries ketchup, indiv 7 grams Strawberries Pears, Sliced MILK - Variety	Apr - 12  TURKEY AND DRESSING S Mashed Potatoes Carrots Honey Coins Strawberries & Bananas Pineapple Tidbits Hot Roll WG 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;">1155 136%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1319 mg</td> </tr> <tr> <td>Prot 51.1g</td> <td style="text-align: right;">17.7%Cal</td> </tr> <tr> <td>Carb 165.9g</td> <td style="text-align: right;">57.4%Cal</td> </tr> <tr> <td>T.Fat 36.1g</td> <td style="text-align: right;">28.1%Cal</td> </tr> <tr> <td>S.Fat 7.4g</td> <td style="text-align: right;">5.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1155 136%	Sodium.	1319 mg	Prot 51.1g	17.7%Cal	Carb 165.9g	57.4%Cal	T.Fat 36.1g	28.1%Cal	S.Fat 7.4g	5.7%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;">1277 150%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1694 mg</td> </tr> <tr> <td>Prot 74.7g</td> <td style="text-align: right;">23.4%Cal</td> </tr> <tr> <td>Carb 139.9g</td> <td style="text-align: right;">43.8%Cal</td> </tr> <tr> <td>T.Fat 49.6g</td> <td style="text-align: right;">34.9%Cal</td> </tr> <tr> <td>S.Fat 20.2g</td> <td style="text-align: right;">14.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1277 150%	Sodium.	1694 mg	Prot 74.7g	23.4%Cal	Carb 139.9g	43.8%Cal	T.Fat 49.6g	34.9%Cal	S.Fat 20.2g	14.2%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;">743 99%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1763 mg</td> </tr> <tr> <td>Prot 34.7g</td> <td style="text-align: right;">18.6%Cal</td> </tr> <tr> <td>Carb 80.4g</td> <td style="text-align: right;">43.2%Cal</td> </tr> <tr> <td>T.Fat 30.6g</td> <td style="text-align: right;">37.1%Cal</td> </tr> <tr> <td>S.Fat 8.0g</td> <td style="text-align: right;">9.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	743 99%	Sodium.	1763 mg	Prot 34.7g	18.6%Cal	Carb 80.4g	43.2%Cal	T.Fat 30.6g	37.1%Cal	S.Fat 8.0g	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;">857 101%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1572 mg</td> </tr> <tr> <td>Prot 67.5g</td> <td style="text-align: right;">31.5%Cal</td> </tr> <tr> <td>Carb 134.7g</td> <td style="text-align: right;">62.9%Cal</td> </tr> <tr> <td>T.Fat 20.2g</td> <td style="text-align: right;">21.3%Cal</td> </tr> <tr> <td>S.Fat 6.0g</td> <td style="text-align: right;">6.3%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	857 101%	Sodium.	1572 mg	Prot 67.5g	31.5%Cal	Carb 134.7g	62.9%Cal	T.Fat 20.2g	21.3%Cal	S.Fat 6.0g	6.3%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;">959 113%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1064 mg</td> </tr> <tr> <td>Prot 38.5g</td> <td style="text-align: right;">16.1%Cal</td> </tr> <tr> <td>Carb 153.8g</td> <td style="text-align: right;">64.2%Cal</td> </tr> <tr> <td>T.Fat 23.8g</td> <td style="text-align: right;">22.4%Cal</td> </tr> <tr> <td>S.Fat 6.6g</td> <td style="text-align: right;">6.2%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	959 113%	Sodium.	1064 mg	Prot 38.5g	16.1%Cal	Carb 153.8g	64.2%Cal	T.Fat 23.8g	22.4%Cal	S.Fat 6.6g	6.2%Cal
Nutrients	Target																																																																									
Cals...	1155 136%																																																																									
Sodium.	1319 mg																																																																									
Prot 51.1g	17.7%Cal																																																																									
Carb 165.9g	57.4%Cal																																																																									
T.Fat 36.1g	28.1%Cal																																																																									
S.Fat 7.4g	5.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1277 150%																																																																									
Sodium.	1694 mg																																																																									
Prot 74.7g	23.4%Cal																																																																									
Carb 139.9g	43.8%Cal																																																																									
T.Fat 49.6g	34.9%Cal																																																																									
S.Fat 20.2g	14.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	743 99%																																																																									
Sodium.	1763 mg																																																																									
Prot 34.7g	18.6%Cal																																																																									
Carb 80.4g	43.2%Cal																																																																									
T.Fat 30.6g	37.1%Cal																																																																									
S.Fat 8.0g	9.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	857 101%																																																																									
Sodium.	1572 mg																																																																									
Prot 67.5g	31.5%Cal																																																																									
Carb 134.7g	62.9%Cal																																																																									
T.Fat 20.2g	21.3%Cal																																																																									
S.Fat 6.0g	6.3%Cal																																																																									
Nutrients	Target																																																																									
Cals...	959 113%																																																																									
Sodium.	1064 mg																																																																									
Prot 38.5g	16.1%Cal																																																																									
Carb 153.8g	64.2%Cal																																																																									
T.Fat 23.8g	22.4%Cal																																																																									
S.Fat 6.6g	6.2%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**  
**HIGH SCHOOL LUNCH MENU APRIL 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 15  Macaroni and Cheese Breaded Fish Fillet Creamy Cole Slaw Green Beans w Garlic Peaches KIWI Sherbet, Rasp, Luigis MILK - Variety	Apr - 16  Chicken Nuggets Broccoli, Parmesan Carrots Honey Coins Strawberry Shortcake Orange Slices Hot Roll WG Pudding, Chocolate MILK - Variety	Apr - 17  Chicken Chimichanga Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Pears, Sliced MILK - Variety	Apr - 18  Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Grapes, Fresh CANTALOUPE Hot Roll WG MILK - Variety	Apr - 19  NO SCHOOL
Nutrients      Target Cals...      794      100% Sodium.      937 mg Prot 35.9*g   18.1%Cal Carb 112.9g   56.9%Cal T.Fat 24.5*g   27.8%Cal S.Fat 9.7*g   11.0%Cal	Nutrients      Target Cals...      1203      142% Sodium.      1505 mg Prot 61.4*g   20.4%Cal Carb 180.4g   60.0%Cal T.Fat 29.3*g   21.9%Cal S.Fat 8.5*g   6.4%Cal	Nutrients      Target Cals...      986      116% Sodium.      1165 mg Prot 42.8*g   17.3%Cal Carb 165.3g   67.0%Cal T.Fat 9.9*g   9.0%Cal S.Fat 2.4*g   2.2%Cal	Nutrients      Target Cals...      921      108% Sodium.      1226 mg Prot 46.9*g   20.3%Cal Carb 129.9g   56.4%Cal T.Fat 26.4*g   25.8%Cal S.Fat 8.9*g   8.7%Cal	Nutrients      Target Cals...      0      0% Sodium.      0 mg Prot 0.0*g   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
Apr - 22  Chicken Nachos WG Rice, Spanish WG Refried Beans CORN COBBETT Grapes, Fresh Mandarin Oranges Cookie Choc Chip WW MILK - Variety	Apr - 23  BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon WATERMELON MILK - Variety	Apr - 24  Macaroni and Cheese Chicken Tenders Broccoli, Parmesan Green Beans w Garlic Strawberries & Bananas KIWI Hot Roll WG MILK - Variety	Apr - 25  Chili Con Carne w Beans Corndog WG Mustard, individual Carrot Sticks Ranch Dip, FF Peaches WATERMELON MILK - Variety	Apr - 26  Pepperoni/Cheese WG Roll Baked Beans Baked Fries ketchup, indiv 7 grams Carrot Sticks KIWI Mandarin Oranges MILK - Variety
Nutrients      Target Cals...      1187      140% Sodium.      1466 mg Prot 47.4*g   16.0%Cal Carb 176.1g   59.4%Cal T.Fat 30.8*g   23.4%Cal S.Fat 6.9*g   5.2%Cal	Nutrients      Target Cals...      986*      116% Sodium.      1586* mg Prot 38.4*g   15.6%Cal Carb 133.7*g   54.2%Cal T.Fat 47.5*g   43.4%Cal S.Fat 21.0*g   19.2%Cal	Nutrients      Target Cals...      887*      104% Sodium.      961* mg Prot 50.2*g   22.6%Cal Carb 128.0*g   57.7%Cal T.Fat 23.9*g   24.2%Cal S.Fat 10.1*g   10.3%Cal	Nutrients      Target Cals...      695*      93% Sodium.      1281* mg Prot 33.8*g   19.4%Cal Carb 99.6*g   57.4%Cal T.Fat 19.4*g   25.1%Cal S.Fat 6.2*g   8.0%Cal	Nutrients      Target Cals...      951*      112% Sodium.      1920* mg Prot 45.7*g   19.2%Cal Carb 122.9*g   51.7%Cal T.Fat 33.3*g   31.5%Cal S.Fat 14.3*g   13.5%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  
HIGH SCHOOL LUNCH MENU APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 29 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Strawberries Hot Roll WG MILK - Variety	Apr - 30 Taco, Beef & Cheese Crispitos Chicken & Chee Refried Beans SPANISH RICE Corn Churro, Raspberry Orange Slices Grapes, Fresh MILK - Variety			
Nutrients            Target Cals...            830*            100% Sodium.            964* mg Prot 36.2*g    17.4%Cal Carb 104.0*g    50.1%Cal T.Fat 30.1*g    32.6%Cal S.Fat 10.4*g    11.2%Cal	Nutrients            Target Cals...            1103*            130% Sodium.            1435* mg Prot 52.4*g    19.0%Cal Carb 154.1*g    55.9%Cal T.Fat 37.2*g    30.4%Cal S.Fat 11.1*g    9.1%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.