

# CABELL COUNTY SCHOOLS

HIGH SCHOOL SANDWICH LINE APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Apr - 1  Bacon Cheeseburger WG B Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins Peaches Grapes, Fresh Pudding, Chocolate MILK - Variety	Apr - 2  MEATBALL SUB Broccoli, Parmesan Corn Mandarin Oranges BLUEBERRY TARTW/WHIPP Cookie Choc Chip WW MILK - Variety	Apr - 3  Chicken Patty WG Bun Baked Fries ketchup, indiv 7 grams Baked Beans Pineapple Slices Strawberries MILK - Variety	Apr - 4  Ham & CheeseWG Flatbrea Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers Corn Orange Wedges HONEYDEW MELON MILK - Variety	Apr - 5  BBQ Pork WG Bun Cheese, Cheddar, Cubes Creamy Cole Slaw Potatoes, Red Roasted KIWI Peaches ROYAL BROWNIES MILK - Variety																																																																						
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Apr - 8  Chicken/Bacon RanchWG H Caesar Salad w Ranch Dres Peas Peaches Applesauce Ice Cream MILK - Variety	Apr - 9  Chili Con Carne w Beans Cheese Quesadilla Carrots Honey Coins Blueberry Shortcake Grapes, Fresh MILK - Variety	Apr - 10  Steak/CheeseWG Hoagie Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Orange Slices HONEYDEW MELON MILK - Variety	Apr - 11  Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams Strawberries Pears, Sliced MILK - Variety	Apr - 12  Grilled Chicken/M Cheese/ BAKED POTATO Margarine, cup, indiv. Carrots Honey Coins Strawberries & Bananas Pineapple Tidbits MILK - Variety																																																																						
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# CABELL COUNTY SCHOOLS

## HIGH SCHOOL SANDWICH LINE APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 15  Hot Dog WG bun with chili Creamy Cole Slaw Baked Fries ketchup, indiv 7 grams Peaches KIWI Sherbet, Rasp, Luigis MILK - Variety	Apr - 16  Turkey & Cheese WG hoagi Chex Mix WG Broccoli, Parmesan Carrots Honey Coins Strawberry Shortcake Orange Slices Pudding, Chocolate MILK - Variety	Apr - 17  MEATBALL SUB Sun Chips WG Refried Beans Corn Jello w Fruit Mix Pears, Sliced MILK - Variety	Apr - 18  Chicken Patty WG Bun PRETZELS, FISH SHAPED Caesar Salad w Ranch Dres Carrots Honey Coins Grapes, Fresh CANTALOUPE MILK - Variety	Apr - 19  NO SCHOOL
Nutrients            Target Cals...            827    100% Sodium.           1244 mg Prot    26.8g    13.0%Cal Carb   122.4g   59.2%Cal T.Fat 26.8*g   29.2%Cal S.Fat  9.7*g    10.5%Cal	Nutrients            Target Cals...            1224   144% Sodium.           1745 mg Prot    66.3g    21.7%Cal Carb   198.8g   64.9%Cal T.Fat 21.9*g   16.1%Cal S.Fat  8.0*g    5.9%Cal	Nutrients            Target Cals...            1211   142% Sodium.           1499 mg Prot    48.3g    15.9%Cal Carb   164.1g   54.2%Cal T.Fat 19.9*g   14.8%Cal S.Fat  2.6*g    1.9%Cal	Nutrients            Target Cals...            856    101% Sodium.           1589 mg Prot    42.6g    19.9%Cal Carb   117.0g   54.7%Cal T.Fat 26.6*g   28.0%Cal S.Fat  7.0*g    7.4%Cal	Nutrients            Target Cals...            0       0% Sodium.           0 mg Prot    0.0g    0.0%Cal Carb   0.0g    0.0%Cal T.Fat 0.0*g   0.0%Cal S.Fat 0.0*g   0.0%Cal
Apr - 22  BBQ Pork WG Bun Cheese, Cheddar Stick Quick Baked Potatoes Creamy Cole Slaw CORN COBBETT Grapes, Fresh Pears, Sliced MILK - Variety	Apr - 23  Italian Sub Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon WATERMELON MILK - Variety	Apr - 24  Ham & CheeseWG Hoagie Sun Chips WG Broccoli, Parmesan Celery Sticks Wow Butter Strawberries & Bananas KIWI MILK - Variety	Apr - 25  Bacon/Cheeseburger WG B Quick Baked Potatoes Carrot Sticks Ranch Dip, FF Peaches WATERMELON MILK - Variety	Apr - 26  Ranch Chicken/Cheddar Wr Baked Beans Baked Fries ketchup, indiv 7 grams Carrot Sticks KIWI Mandarin Oranges MILK - Variety
Nutrients            Target Cals...            994    117% Sodium.           1167 mg Prot    50.9g    20.5%Cal Carb   153.2g   61.7%Cal T.Fat 24.2*g   21.9%Cal S.Fat  9.5*g    8.6%Cal	Nutrients            Target Cals...            887    104% Sodium.           1188 mg Prot    43.2g    19.5%Cal Carb   112.3g   50.7%Cal T.Fat 31.5*g   32.0%Cal S.Fat 11.2*g   11.3%Cal	Nutrients            Target Cals...            995    117% Sodium.           1146 mg Prot    47.8g    19.2%Cal Carb   120.7g   48.6%Cal T.Fat 23.4*g   21.2%Cal S.Fat  6.2*g    5.6%Cal	Nutrients            Target Cals...            818    100% Sodium.           1122 mg Prot    38.2g    18.7%Cal Carb   99.5g    48.6%Cal T.Fat 31.0*g   34.1%Cal S.Fat 12.0*g   13.2%Cal	Nutrients            Target Cals...            720    96% Sodium.           1519 mg Prot    38.3g    21.3%Cal Carb   117.3g   65.1%Cal T.Fat 11.7*g   14.6%Cal S.Fat  4.3*g    5.4%Cal

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Carb	103.6g	44.6%Cal																																																										
T.Fat	37.0*g	35.9%Cal																																																										
S.Fat	15.8*g	15.3%Cal																																																										
Nutrients		Target																																																										
Cals...	769	100%																																																										
Sodium.	1015 mg																																																											
Prot	27.6g	14.4%Cal																																																										
Carb	141.0g	73.4%Cal																																																										
T.Fat	18.2*g	21.3%Cal																																																										
S.Fat	3.4*g	4.0%Cal																																																										

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**\*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.