

CABELL COUNTY SCHOOLS
MIDDLE SCHOOL MAIN LINE APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Peaches Hot Roll WG Pudding, Chocolate MILK - Variety	Apr - 2 Pepperoni/Cheese WG Roll Broccoli, Parmesan Corn Mandarin Oranges Cookie Choc Chip WW MILK - Variety	Apr - 3 Baked Steak with Gravy Mashed Potatoes Baked Beans Pineapple Slices Hot Roll WG MILK - Variety	Apr - 4 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn BLUEBERRY TARTW/WHIPP Veg Fruit Bar Thursday Mid MILK - Variety	Apr - 5 Hot Dog WG bun with chili Mustard, individual Creamy Cole Slaw Potatoes, Red Roasted KIWI Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 760 109% Sodium. 723 mg Prot 38.0g 20.0%Cal Carb 119.3g 62.8%Cal T.Fat 15.6g 18.5%Cal S.Fat 4.6g 5.5%Cal	Nutrients Target Cals... 918 131% Sodium. 1493 mg Prot 48.1g 20.9%Cal Carb 111.2g 48.4%Cal T.Fat 36.7g 35.9%Cal S.Fat 15.6g 15.3%Cal	Nutrients Target Cals... 752 107% Sodium. 1354 mg Prot 33.4*g 17.8%Cal Carb 105.5g 56.1%Cal T.Fat 22.5g 26.9%Cal S.Fat 8.4*g 10.1%Cal	Nutrients Target Cals... 1138 163% Sodium. 1368 mg Prot 45.3*g 15.9%Cal Carb 153.5g 54.0%Cal T.Fat 37.5*g 29.7%Cal S.Fat 9.2*g 7.3%Cal	Nutrients Target Cals... 733 105% Sodium. 1348 mg Prot 28.1*g 15.3%Cal Carb 91.5g 50.0%Cal T.Fat 30.3*g 37.2%Cal S.Fat 10.1*g 12.4%Cal
Apr - 8 Beef a Roni WG Caesar Salad w Ranch Dres Peas Peaches Hot Roll WG Ice Cream Veg Fruit Bar Monday Midd MILK - Variety	Apr - 9 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF Blueberry Shortcake Veg Fruit Bar Tuesday Midd MILK - Variety	Apr - 10 Chicken Patty WG Bun Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Wed Middle MILK - Variety	Apr - 11 Broccoli & Cheese Soup Ham & Cheese WG Croissa Cucumber Slices Ranch Dip, FF Orange Slices Veg Fruit Bar Thursday Mid MILK - Variety	Apr - 12 TURKEY AND DRESSING S Mashed Potatoes Carrots Honey Coins Strawberries & Bananas Hot Roll WG Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 1074 153% Sodium. 1261 mg Prot 50.3*g 18.7%Cal Carb 144.8g 53.9%Cal T.Fat 35.8*g 30.0%Cal S.Fat 7.4*g 6.2%Cal	Nutrients Target Cals... 1100 157% Sodium. 1732 mg Prot 61.5*g 22.4%Cal Carb 132.3g 48.1%Cal T.Fat 38.8*g 31.8%Cal S.Fat 15.0*g 12.3%Cal	Nutrients Target Cals... 889 127% Sodium. 1644 mg Prot 43.9*g 19.7%Cal Carb 128.2g 57.7%Cal T.Fat 22.9*g 23.2%Cal S.Fat 5.3*g 5.3%Cal	Nutrients Target Cals... 768 110% Sodium. 1809 mg Prot 35.4*g 18.4%Cal Carb 81.2g 42.3%Cal T.Fat 32.6*g 38.2%Cal S.Fat 8.4*g 9.8%Cal	Nutrients Target Cals... 864 123% Sodium. 1063 mg Prot 37.5*g 17.3%Cal Carb 127.0g 58.8%Cal T.Fat 25.0*g 26.0%Cal S.Fat 6.8*g 7.1%Cal

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Apr - 15	Apr - 16	Apr - 17	Apr - 18	Apr - 19
Macaroni and Cheese Breaded Fish Fillet Creamy Cole Slaw Green Beans w Garlic Sherbet, Rasp, Luigis Peaches Veg Fruit Bar Monday Midd MILK - Variety	Chicken Nuggets Broccoli, Parmesan Carrots Honey Coins FRESH APPLE WEDGES Hot Roll WG Pudding, Chocolate Veg Fruit Bar Tuesday Midd MILK - Variety	Chicken Chimichanga Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Veg Fruit Bar Wed Middle MILK - Variety	Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas Grapes, Fresh Hot Roll WG Veg Fruit Bar Thursday Mid MILK - Variety	NO SCHOOL
Nutrients Target Cals... 817 117% Sodium. 988 mg Prot 36.7*g 18.0%Cal Carb 114.1g 55.9%Cal T.Fat 26.1*g 28.8%Cal S.Fat 10.0*g 11.0%Cal	Nutrients Target Cals... 848 121% Sodium. 1296 mg Prot 39.0*g 18.4%Cal Carb 122.6g 57.8%Cal T.Fat 24.1*g 25.5%Cal S.Fat 7.7*g 8.2%Cal	Nutrients Target Cals... 956 137% Sodium. 1308 mg Prot 44.1*g 18.5%Cal Carb 151.7g 63.5%Cal T.Fat 11.6*g 10.9%Cal S.Fat 2.7*g 2.5%Cal	Nutrients Target Cals... 827 118% Sodium. 1188 mg Prot 47.7*g 23.1%Cal Carb 110.2g 53.3%Cal T.Fat 23.3*g 25.4%Cal S.Fat 7.2*g 7.9%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	Apr - 23	Apr - 24	Apr - 25	Apr - 26
Chicken Nachos WG Refried Beans CORN COBBETT Grapes, Fresh Cookie Choc Chip WW Veg Fruit Bar Monday Midd MILK - Variety	BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Veg Fruit Bar Tuesday Midd MILK - Variety	Macaroni and Cheese Chicken Tenders Broccoli, Parmesan Strawberries & Bananas Hot Roll WG Veg Fruit Bar Wed Middle MILK - Variety	Chili Con Carne w Beans Corndog WG Mustard, individual Carrot Sticks Ranch Dip, FF Peaches Veg Fruit Bar Thursday Mid MILK - Variety	Bacon Cheeseburger WG B Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 1062 152% Sodium. 1383 mg Prot 44.3*g 16.7%Cal Carb 146.8g 55.3%Cal T.Fat 31.1*g 26.4%Cal S.Fat 6.9*g 5.8%Cal	Nutrients Target Cals... 1003* 143% Sodium. 1636* mg Prot 39.4*g 15.7%Cal Carb 132.8*g 53.0%Cal T.Fat 49.2*g 44.1%Cal S.Fat 21.3*g 19.1%Cal	Nutrients Target Cals... 772* 110% Sodium. 1006* mg Prot 47.4*g 24.6%Cal Carb 106.4*g 55.1%Cal T.Fat 20.9*g 24.3%Cal S.Fat 9.7*g 11.4%Cal	Nutrients Target Cals... 718* 103% Sodium. 1340* mg Prot 34.4*g 19.2%Cal Carb 101.3*g 56.4%Cal T.Fat 21.0*g 26.3%Cal S.Fat 6.5*g 8.2%Cal	Nutrients Target Cals... 924* 132% Sodium. 1482* mg Prot 45.3*g 19.6%Cal Carb 106.4*g 46.1%Cal T.Fat 35.4*g 34.5%Cal S.Fat 13.4*g 13.0%Cal

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Apr - 29 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Apr - 30 Taco, Beef & Cheese Crisпитos Chicken & Chee Refried Beans SPANISH RICE Corn Red & Orange Peppers Churro, Raspberry Orange Slices Veg Fruit Bar Tuesday Midd MILK - Variety			
Nutrients Target Cals... 774* 111% Sodium. 919* mg Prot 35.0*g 18.1%Cal Carb 91.5*g 47.3%Cal T.Fat 29.7*g 34.5%Cal S.Fat 10.4*g 12.1%Cal	Nutrients Target Cals... 1176* 168% Sodium. 1489* mg Prot 55.0*g 18.7%Cal Carb 165.3*g 56.2%Cal T.Fat 39.5*g 30.2%Cal S.Fat 11.5*g 8.8%Cal			

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