

# CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 26 Italian Sub Baked Fries ketchup, indiv 7 grams Celery Sticks Wow Butter APPLE, MED. Orange, Fresh MILK - Variety	Feb - 27 Cheese Quesadilla SUNFLOWER SEEDS CRACKERS, CHEDDAR FISH Red & Yellow Peppers Carrot Sticks Ranch Dip, FF Mandarin Oranges, cup BANANA, SMALL MILK - Variety	Feb - 28 Chicken Patty WG Bun Dorito Chips, Nacho Chees BROCCOLI, FRESH Tomatoes, Cherry Ranch Dip, FF FRESH APPLE WEDGES Orange Slices MILK - Variety	Mar - 1 Corndog WG PRETZELS, FISH SHAPED Baked Beans Carrot Sticks Ranch Dip, FF FRESH APPLE WEDGES FRESH PEAR MILK - Variety
	Nutrients                      Target Cals...                      1045                      123% Sodium.                      1319 mg Prot                      47.8g                      18.3%Cal Carb                      119.1g                      45.6%Cal T.Fat                      43.6g                      37.6%Cal S.Fat                      13.0g                      11.2%Cal	Nutrients                      Target Cals...                      770                      100% Sodium.                      1107 mg Prot                      28.3g                      14.7%Cal Carb                      113.6g                      59.0%Cal T.Fat                      23.9*g                      28.0%Cal S.Fat                      4.2*g                      4.9%Cal	Nutrients                      Target Cals...                      866                      102% Sodium.                      1377 mg Prot                      40.1g                      18.5%Cal Carb                      130.5g                      60.2%Cal T.Fat                      23.9*g                      24.8%Cal S.Fat                      4.0*g                      4.1%Cal	Nutrients                      Target Cals...                      797                      100% Sodium.                      1792 mg Prot                      28.5g                      14.3%Cal Carb                      145.2g                      72.9%Cal T.Fat                      12.6*g                      14.3%Cal S.Fat                      2.9*g                      3.3%Cal
Mar - 4 Beef & Cheese Burrito Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers APPLE, MED. Orange Wedges MILK - Variety	Mar - 5 French WG Bread Cheesy/P Sun Chips WG Celery Sticks w Wow Butter Tomatoes, Cherry Grapes, Fresh Strawberries MILK - Variety	Mar - 6 Philly Steak/Cheese WGSan Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Orange Slices KIWI MILK - Variety	Mar - 7 Cheeseburger WG Bun PRETZELS, FISH SHAPED Carrot Sticks Celery Sticks w Wow Butter Ranch Dip, FF APPLE, MED. PEACHES CUP MILK - Variety	Mar - 8 Chicken Patty WG Bun Sun Chips WG BROCCOLI,raw Carrot Sticks Ranch Dip, FF Grapes, Fresh CANTALOUPE MILK - Variety
Nutrients                      Target Cals...                      809                      100% Sodium.                      1207 mg Prot                      68.2g                      33.7%Cal Carb                      122.9g                      60.8%Cal T.Fat                      19.6*g                      21.9%Cal S.Fat                      6.6*g                      7.3%Cal	Nutrients                      Target Cals...                      923                      109% Sodium.                      1278 mg Prot                      41.9g                      18.2%Cal Carb                      89.9g                      39.0%Cal T.Fat                      30.8*g                      30.0%Cal S.Fat                      10.1*g                      9.8%Cal	Nutrients                      Target Cals...                      879                      103% Sodium.                      1198 mg Prot                      42.2g                      19.2%Cal Carb                      107.7g                      49.0%Cal T.Fat                      33.5*g                      34.3%Cal S.Fat                      12.5*g                      12.8%Cal	Nutrients                      Target Cals...                      1043                      123% Sodium.                      1374 mg Prot                      43.1g                      16.5%Cal Carb                      123.3g                      47.3%Cal T.Fat                      42.3*g                      36.5%Cal S.Fat                      13.7*g                      11.9%Cal	Nutrients                      Target Cals...                      814                      100% Sodium.                      1187 mg Prot                      37.1g                      18.2%Cal Carb                      99.1g                      48.7%Cal T.Fat                      18.5*g                      20.5%Cal S.Fat                      3.9*g                      4.3%Cal

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Mar - 11  MEATBALL SUB Munch WG Snack Mix Tomatoes, Cherry Carrot Sticks Ranch Dip, FF FRESH PEAR Orange, Fresh MILK - Variety	Mar - 12  Pizza WG Peppero/Che Flat Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers Mandarin Oranges, cup APPLE, MED. MILK - Variety	Mar - 13  BBQ Pork WG Bun Cheese, Cheddar, Cubes Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF APPLE, MED. Grapes, Fresh MILK - Variety	Mar - 14  Chicken/Bacon RanchWG H Chex Mix WG BROCCOLI,raw Red & Orange Peppers PEACHES CUP HONEYDEW MELON MILK - Variety	Mar - 15  NO SCHOOL
Nutrients            Target Cals...            886        104% Sodium.        1509 mg Prot    43.1g    19.5%Cal Carb    132.2g    59.7%Cal T.Fat   22.7*g   23.0%Cal S.Fat    2.6*g    2.7%Cal	Nutrients            Target Cals...            921        108% Sodium.        1564 mg Prot    41.9g    18.2%Cal Carb    135.9g    59.0%Cal T.Fat   23.7*g   23.2%Cal S.Fat    7.8*g    7.6%Cal	Nutrients            Target Cals...            837        100% Sodium.        1536 mg Prot    41.1g    19.7%Cal Carb    121.4g    58.0%Cal T.Fat   24.2*g   26.1%Cal S.Fat    9.5*g    10.2%Cal	Nutrients            Target Cals...            759        100% Sodium.        1197 mg Prot    42.3g    22.3%Cal Carb    120.6g    63.5%Cal T.Fat   13.3*g   15.8%Cal S.Fat    4.1*g    4.9%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
Mar - 18  Pig N Blanket (ww) Mustard, individual CRACKERS, CHEDDAR FISH Cucumber Slices Ranch Dip, FF Carrot Sticks FRESH PEAR Grapes, Fresh MILK - Variety	Mar - 19  Turkey & Cheese WG hoagi Baked Fries ketchup, indiv 7 grams Baked Beans Apricot Cup Strawberries MILK - Variety	Mar - 20  Steak/CheeseWG Hoagie Munch WG Snack Mix Carrot Sticks Tomatoes, Cherry Ranch Dip, FF APPLE, MED. Mandarin Oranges, cup MILK - Variety	Mar - 21  BBQ Pork WG Bun Cheese, Cheddar, Cubes Nacho Scoops WG Salsa/H Tomatoes, Cherry Cucumber Slices Ranch Dip, FF Orange, Fresh HONEYDEW MELON MILK - Variety	Mar - 22  French WG Bread Cheesy/P Doritos BROCCOLI,raw Red & Orange Peppers Ranch Dip, FF FRESH APPLE WEDGES Pudding, Chocolate Grapes, Fresh MILK - Variety
Nutrients            Target Cals...            737        98% Sodium.        1618 mg Prot    23.1g    12.5%Cal Carb    107.3g    58.2%Cal T.Fat   26.3*g   32.1%Cal S.Fat    9.0*g    11.0%Cal	Nutrients            Target Cals...            774        100% Sodium.        1593 mg Prot    40.6g    21.0%Cal Carb    124.6g    64.4%Cal T.Fat   12.4*g   14.4%Cal S.Fat    5.2*g    6.0%Cal	Nutrients            Target Cals...            902        106% Sodium.        1266 mg Prot    36.4g    16.2%Cal Carb    135.9g    60.3%Cal T.Fat   26.6*g   26.6%Cal S.Fat    9.7*g    9.7%Cal	Nutrients            Target Cals...            842        100% Sodium.        1309 mg Prot    44.0g    20.9%Cal Carb    118.1g    56.1%Cal T.Fat   24.6*g   26.3%Cal S.Fat    8.7*g    9.3%Cal	Nutrients            Target Cals...            767        100% Sodium.        1493 mg Prot    39.1g    20.4%Cal Carb    122.1g    63.7%Cal T.Fat   16.1*g   18.9%Cal S.Fat    7.1*g    8.3%Cal
Mar - 25  NO SCHOOL	Mar - 26  SPRING BREAK	Mar - 27  SPRING BREAK	Mar - 28  SPRING BREAK	Mar - 29  SPRING BREAK

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Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	0	0%	Cals...	0	0%	Cals...	0	0%	Cals...	0	0%	Cals...	0	0%
Sodium.	0 mg		Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg
Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal
Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal
T.Fat	0.0*g	0.0%Cal	T.Fat	*N/A*g	*N/A**Cal	T.Fat	*N/A*g	*N/A**Cal	T.Fat	*N/A*g	*N/A**Cal	T.Fat	*N/A*g	*N/A**Cal
S.Fat	0.0*g	0.0%Cal	S.Fat	*N/A*g	*N/A**Cal	S.Fat	*N/A*g	*N/A**Cal	S.Fat	*N/A*g	*N/A**Cal	S.Fat	*N/A*g	*N/A**Cal

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