

# CABELL COUNTY SCHOOLS

Cabell County Schools Elementary Lunch Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
		Aug - 28 Pizza WG Pepperoni/Chees Broccoli, Parmesan Carrots Honey Coins FRESH APPLE WEDGES Veg Fruit Bar Wednesda MILK - Variety	Aug - 29 Baked Steak with Gravy Mashed Potatoes Peas WATERMELON Hot Roll WG Veg Fruit Bar Thursday MILK - Variety	Aug - 30 Chicken Chimichanga Rice, Spanish WG Refried Beans Corn Mandarin Oranges Veg Fruit Bar Friday MILK - Variety																																																																																																																																												
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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.

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Sep - 9  Pizza, Cheese Caesar Salad w Ranch Dres Celery Sticks w Wow Butter Orange Wedges Pudding, Chocolate Veg Fruit Bar Monday MILK - Variety	Sep - 10  Chicken Patty w White Grav Potatoes, Red Roasted Green Beans w Garlic Pineapple Tidbits Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Sep - 11  BARBECUED CHICKEN Cheesy Potatoes Carrots Honey Coins Grapes, Fresh Texas Toast Veg Fruit Bar Wednesda MILK - Variety	Sep - 12  Hamburger WG Bun Lettuce & Tomato Baked Beans Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Thursday MILK - Variety	Sep - 13  BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Jello w Fruit Mix Veg Fruit Bar Friday MILK - Variety																																																																						
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T.Fat 32.3*g	30.3%Cal																																																																									
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# CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Sep - 23  Sloppy Joe WG Bun Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins FRESH APPLE WEDGES Cookie Choc Chip WW Veg Fruit Bar Monday MILK - Variety	Sep - 24  CHICKEN AND NOODLES Green Beans w Garlic Corn Grapes, Fresh Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Sep - 25  Hot Dog WG bun with chili Creamy Cole Slaw Baked Beans CORN COBBETT Strawberries Veg Fruit Bar Wednesda MILK - Variety	Sep - 26  BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Sep - 27  Chili Con Carne w Beans Toasted WG Cheese Sandwi Broccoli, Parmesan Sherbet, Luigi's , Orange Pears, Sliced Veg Fruit Bar Friday MILK - Variety																																																																																																																																												
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