

# CABELL COUNTY SCHOOLS

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Feb - 4  Chicken Patty WG Bun Baked Fries ketchup, indiv 7 grams Celery Sticks Wow Butter FRESH APPLE WEDGES PEACHES CUP MILK - Variety	Feb - 5  MEATBALL SUB Chex Mix WG Tomatoes, Cherry BROCCOLI,raw Ranch Dip, FF Apricot Cup APPLES,Fresh MILK - Variety	Feb - 6  Corndog WG Nacho Scoops WG Salsa/H Carrot Sticks Cucumber Slices Ranch Dip, FF Strawberries Pears, Cup MILK - Variety	Feb - 7  Hot Ham/Cheese on WG B PRETZELS, FISH SHAPED BROCCOLI, FRESH Carrot Sticks w Dip BANANA, SMALL FRESH APPLE WEDGES MILK - Variety	Feb - 8  Steak/CheeseWG Hoagie CRACKERS, CHEDDAR FISH Baked Beans Cucumber Slices Ranch Dip, FF Grapes, Fresh APPLE, MED. MILK - Variety																																																																																																									
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Feb - 11  French WG Bread Cheesy/P Munch WG Snack Mix Tomatoes, Cherry Cucumber Slices Ranch Dip, FF Grapes, Fresh Orange Wedges MILK - Variety	Feb - 12  Ham & CheeseWG Flatbrea Refried Beans BROCCOLI, FRESH Mandarin Oranges, cup FRESH APPLE WEDGES Nacho Scoops WG Salsa/H MILK - Variety	Feb - 13  Italian Sub Chex Mix WG Carrot Sticks Tomatoes, Cherry Ranch Dip, FF Strawberry Cup Grapes, Fresh MILK - Variety	Feb - 14  Chicken/Bacon RanchWG H PRETZELS, FISH SHAPED Carrot Sticks Red & Orange Peppers Ranch Dip, FF APPLE, MED. Orange Wedges MILK - Variety	Feb - 15  BBQ Pork WG Bun Cheese, Cheddar, Cubes Potato Rounds Cucumber Slices Ranch Dip, FF Strawberries Pineapple Tidbits MILK - Variety																																																																																																									

**\*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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Feb - 18  NO SCHOOL	Feb - 19  Pizza WG Peppero/Che Flat Sun Chips WG Carrot Sticks Cucumber Slices Ranch Dip, FF Orange, Fresh Apricot Cup MILK - Variety	Feb - 20  Taco Tostitos To Go Refried Beans Red & Orange Peppers Ranch Dip, FF Mandarin Oranges, cup APPLE, MED. MILK - Variety	Feb - 21  Cheeseburger WG Bun Potatoes, Diced Hashbrown Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES PEARS,FRESH MILK - Variety	Feb - 22  Philly Steak/Cheese WGSan Nacho Scoops WG Salsa/H BROCCOLI,raw Tomatoes, Cherry Orange Wedges KIWI MILK - Variety																																																																						
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Feb - 25  French WG Bread Cheesy/P Chex Mix WG Cucumber Slices Red & Orange Peppers Ranch Dip, FF FRESH PEAR Grapes, Fresh MILK - Variety	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																																																																							

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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# CABELL COUNTY SCHOOLS

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target				
Cals...	779	100%	Cals...	1045	123%	Cals...	770	100%	Cals...	866	102%			
Sodium.	1516 mg		Sodium.	1319 mg		Sodium.	1107 mg		Sodium.	1377 mg				
Prot	38.1g	19.5%Cal	Prot	47.8g	18.3%Cal	Prot	28.3g	14.7%Cal	Prot	40.1g	18.5%Cal			
Carb	119.3g	61.2%Cal	Carb	119.1g	45.6%Cal	Carb	113.6g	59.0%Cal	Carb	130.5g	60.2%Cal			
T.Fat	18.8*g	21.7%Cal	T.Fat	43.6*g	37.6%Cal	T.Fat	23.9*g	28.0%Cal	T.Fat	23.9*g	24.8%Cal			
S.Fat	7.5*g	8.6%Cal	S.Fat	13.0*g	11.2%Cal	S.Fat	4.2*g	4.9%Cal	S.Fat	4.0*g	4.1%Cal			

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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