

CABELL COUNTY SCHOOLS

HIGH SCHOOL SANDWICH LINE FEBRUARY 2019

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Feb - 4 Ham & Cheese WG Croissa Caesar Salad w Ranch Dres Peas CANTALOUPE Blueberry Shortcake Sherbet, Luigi's , Orange MILK - Variety	Feb - 5 Philly Steak/Cheese WGSan Mashed Potatoes Green Beans w Garlic Apricot Cup APPLE CRISP Grapes, Fresh MILK - Variety	Feb - 6 Chicken/Bacon RanchWG H Broccoli, Parmesan Corn Red & Orange Peppers Strawberries & Bananas Mandarin Oranges MILK - Variety	Feb - 7 Italian Sub Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Pears, Sliced Jello w Fruit Mix MILK - Variety	Feb - 8 Cheeseburger/Pretzel Bun Lettuce & Tomato CRACKERS, CHEDDAR FISH Baked Beans CORN COBBETT Peaches HONEYDEW MELON MILK - Variety																																																																																																									
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Feb - 11 Steak/CheeseWG Hoagie Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins Grapes, Fresh KIWI ROYAL BROWNIES MILK - Variety	Feb - 12 BBQ Buffalo Chicken/Chees Rice, Spanish WG Refried Beans Broccoli, Parmesan Red & Orange Peppers Mandarin Oranges Pears, Sliced MILK - Variety	Feb - 13 CHICKEN PARMESAN WG S Caesar Salad w Ranch Dres Peas FRUIT COCKTAIL PEACH CRISP Sherbet, Luigi's , Orange MILK - Variety	Feb - 14 Pizza WG Peppero/Che Flat Baked Fries ketchup, indiv 7 grams Red & Orange Peppers Strawberries Pears, Sliced Valentine's Day SideKicks MILK - Variety	Feb - 15 BEEF VEGETABLE SOUP CRACKERS, SALTINE(4) Cheese Quesadilla Cucumber Slices Ranch Dip, FF Grapes, Fresh 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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Sodium.	1466 mg																																																																									
Prot	49.7g 21.0%Cal																																																																									
Carb	142.2g 60.1%Cal																																																																									
T.Fat	23.2*g 22.1%Cal																																																																									
S.Fat	5.2*g 5.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	885 104%																																																																									
Sodium.	969 mg																																																																									
Prot	37.7g 17.0%Cal																																																																									
Carb	120.8g 54.6%Cal																																																																									
T.Fat	30.3*g 30.8%Cal																																																																									
S.Fat	12.0*g 12.2%Cal																																																																									
Nutrients	Target																																																																									
Cals...	894 105%																																																																									
Sodium.	1479 mg																																																																									
Prot	69.3g 31.0%Cal																																																																									
Carb	141.7g 63.4%Cal																																																																									
T.Fat	21.0*g 21.2%Cal																																																																									
S.Fat	5.5*g 5.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1041 122%																																																																									
Sodium.	1333 mg																																																																									
Prot	46.2g 17.7%Cal																																																																									
Carb	131.0g 50.3%Cal																																																																									
T.Fat	39.1*g 33.8%Cal																																																																									
S.Fat	15.0*g 13.0%Cal																																																																									
Feb - 25 Chicken Patty WG Bun Caesar Salad w Ranch Dres Potatoes, Red Roasted FRUIT COCKTAIL Orange Slices MILK - Variety	Feb - 26 MEATBALL SUB Mashed Potatoes Green Beans w Garlic Apricot Cup KIWI APPLESAUCE CAKE MILK - Variety	Feb - 27 Macaroni and Cheese BBQ Pork WG Slider Buns (Broccoli, Parmesan Celery Sticks w Wow Butter Strawberries & Bananas Peaches MILK - Variety	Feb - 28 Grilled Chicken/M Cheese/ Potato Baked Margarine, cup, indiv. Carrot Sticks Ranch Dip, FF Pears, Sliced Cheesecake Blueberry Tart Grapes, Fresh MILK - Variety																																																																							
<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>820 100%</td></tr> <tr><td>Sodium.</td><td>1276 mg</td></tr> <tr><td>Prot</td><td>41.3g 20.1%Cal</td></tr> <tr><td>Carb</td><td>114.1g 55.6%Cal</td></tr> <tr><td>T.Fat</td><td>24.7*g 27.1%Cal</td></tr> <tr><td>S.Fat</td><td>5.7*g 6.3%Cal</td></tr> </table>	Nutrients	Target	Cals...	820 100%	Sodium.	1276 mg	Prot	41.3g 20.1%Cal	Carb	114.1g 55.6%Cal	T.Fat	24.7*g 27.1%Cal	S.Fat	5.7*g 6.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>1068 126%</td></tr> <tr><td>Sodium.</td><td>1454 mg</td></tr> <tr><td>Prot</td><td>47.1g 17.6%Cal</td></tr> <tr><td>Carb</td><td>152.0g 56.9%Cal</td></tr> <tr><td>T.Fat</td><td>32.1*g 27.0%Cal</td></tr> <tr><td>S.Fat</td><td>5.8*g 4.9%Cal</td></tr> </table>	Nutrients	Target	Cals...	1068 126%	Sodium.	1454 mg	Prot	47.1g 17.6%Cal	Carb	152.0g 56.9%Cal	T.Fat	32.1*g 27.0%Cal	S.Fat	5.8*g 4.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>1310 154%</td></tr> <tr><td>Sodium.</td><td>1735 mg</td></tr> <tr><td>Prot</td><td>62.8g 19.2%Cal</td></tr> <tr><td>Carb</td><td>159.8g 48.8%Cal</td></tr> <tr><td>T.Fat</td><td>51.2*g 35.2%Cal</td></tr> <tr><td>S.Fat</td><td>17.6*g 12.1%Cal</td></tr> </table>	Nutrients	Target	Cals...	1310 154%	Sodium.	1735 mg	Prot	62.8g 19.2%Cal	Carb	159.8g 48.8%Cal	T.Fat	51.2*g 35.2%Cal	S.Fat	17.6*g 12.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>994 117%</td></tr> <tr><td>Sodium.</td><td>1053 mg</td></tr> <tr><td>Prot</td><td>48.1g 19.3%Cal</td></tr> <tr><td>Carb</td><td>149.5g 60.2%Cal</td></tr> <tr><td>T.Fat</td><td>24.6*g 22.3%Cal</td></tr> <tr><td>S.Fat</td><td>7.8*g 7.1%Cal</td></tr> </table>	Nutrients	Target	Cals...	994 117%	Sodium.	1053 mg	Prot	48.1g 19.3%Cal	Carb	149.5g 60.2%Cal	T.Fat	24.6*g 22.3%Cal	S.Fat	7.8*g 7.1%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.