

CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
	Feb - 26 Macaroni and Cheese Chicken Tenders Broccoli, Parmesan Carrots Honey Coins Strawberries & Bananas Peaches Hot Roll WG MILK - Variety	Feb - 27 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF Pears, Sliced Cheesecake Blueberry Tart Grapes, Fresh MILK - Variety	Feb - 28 TURKEY AND DRESSING S Mashed Potatoes Green Beans w Garlic Apricot Cup KIWI APPLESAUCE CAKE Hot Roll WG MILK - Variety	Mar - 1 Barbecue Chicken Cheesy Potatoes Baked Beans Carrots Honey Coins Hot Roll WG Strawberries Applesauce MILK - Variety																																																																																																									
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Mar - 4 Chicken/Cheese Quesadilla Rice, Spanish WG Refried Beans Corn APPLE CRISP Ice Cream Mandarin Oranges MILK - Variety	Mar - 5 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas Grapes, Fresh Orange Slices Hot Roll WG MILK - Variety	Mar - 6 Broccoli & Cheese Soup Ham & Cheese WG Croissa Lettuce & Tomato Cucumber Slices Ranch Dip, FF Orange Slices Pears, Sliced MILK - Variety	Mar - 7 BREAKFAST FOR LUNCH SCRAMBLED EGGS Bacon, Round Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon CANTALOUPE Cheese, Cheddar Stick MILK - Variety	Mar - 8 Pepperoni/Cheese WG Roll Broccoli, Parmesan Carrots Honey Coins KIWI Strawberries Yogurt MILK - Variety																																																																																																									
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HIGH SCHOOL LUNCH MENU MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 11 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Pears, Sliced WATERMELON ROYAL BROWNIES Hot Roll WG MILK - Variety	Mar - 12 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn BLUEBERRY TARTW/WHIPP Pineapple Tidbits MILK - Variety	Mar - 13 Hot Dog WG bun with chili Mustard, individual Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Strawberries & Bananas Grapes, Fresh MILK - Variety	Mar - 14 Beef a Roni WG Caesar Salad w Ranch Dres Peas Peaches HONEYDEW MELON Hot Roll WG Sherbet, Luigi's , Orange MILK - Variety	Mar - 15 NO SCHOOL
Nutrients Target Cals... 934* 110% Sodium. 773* mg Prot 40.5*g 17.4%Cal Carb 148.0*g 63.4%Cal T.Fat 22.0*g 21.3%Cal S.Fat 5.7*g 5.5%Cal	Nutrients Target Cals... 1115* 131% Sodium. 1307* mg Prot 44.3*g 15.9%Cal Carb 153.5*g 55.1%Cal T.Fat 35.5*g 28.6%Cal S.Fat 8.9*g 7.2%Cal	Nutrients Target Cals... 765* 100% Sodium. 1530* mg Prot 25.8*g 13.5%Cal Carb 106.2*g 55.5%Cal T.Fat 29.7*g 34.9%Cal S.Fat 11.0*g 12.9%Cal	Nutrients Target Cals... 987* 116% Sodium. 1239* mg Prot 46.8*g 19.0%Cal Carb 153.8*g 62.3%Cal T.Fat 23.4*g 21.3%Cal S.Fat 8.4*g 7.7%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal
Mar - 18 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Blueberry Shortcake WATERMELON MILK - Variety	Mar - 19 BEEF VEGETABLE SOUP Pig N Blanket (ww) Baked Beans Apricot Cup KIWI Vanilla Pudding MILK - Variety	Mar - 20 TURKEY AND DRESSING S Mashed Potatoes Carrots Honey Coins Strawberries & Bananas Pineapple Tidbits Hot Roll WG MILK - Variety	Mar - 21 Macaroni and Cheese Breaded Fish Fillet Creamy Cole Slaw Green Beans w Garlic Orange Slices Jello FRUIT COCKTAIL MILK - Variety	Mar - 22 CHICKEN ALFREDO WITH A Broccoli, Parmesan Corn Breadstick WG Cheesecake Blueberry Tart HONEYDEW MELON Strawberries MILK - Variety
Nutrients Target Cals... 1054* 124% Sodium. 1620* mg Prot 60.0*g 22.8%Cal Carb 126.3*g 47.9%Cal T.Fat 37.1*g 31.7%Cal S.Fat 14.7*g 12.5%Cal	Nutrients Target Cals... 903* 106% Sodium. 1880* mg Prot 35.5*g 15.7%Cal Carb 136.3*g 60.4%Cal T.Fat 25.4*g 25.3%Cal S.Fat 9.8*g 9.7%Cal	Nutrients Target Cals... 921* 108% Sodium. 1063* mg Prot 38.2*g 16.6%Cal Carb 144.0*g 62.5%Cal T.Fat 23.8*g 23.2%Cal S.Fat 6.6*g 6.4%Cal	Nutrients Target Cals... 727* 97% Sodium. 979* mg Prot 35.9*g 19.7%Cal Carb 99.8*g 55.0%Cal T.Fat 23.3*g 28.9%Cal S.Fat 9.7*g 12.0%Cal	Nutrients Target Cals... 1003* 118% Sodium. 1243* mg Prot 56.3*g 22.4%Cal Carb 152.1*g 60.6%Cal T.Fat 23.9*g 21.4%Cal S.Fat 9.6*g 8.6%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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Sodium.	0* mg		Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg
Prot	0.0*g	0.0%Cal	Prot	0.0*g	0.0%Cal	Prot	0.0*g	0.0%Cal	Prot	0.0*g	0.0%Cal	Prot	0.0*g	0.0%Cal
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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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