

CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
		Aug - 28 Pig N Blanket (ww) Mustard, individual Nacho Scoops WG Salsa/H Broccoli, Parmesan Carrots Honey Coins Jello Pears, Sliced Orange Slices MILK - Variety	Aug - 29 Baked Steak with Gravy Mashed Potatoes Peas WATERMELON Peaches Hot Roll WG MILK - Variety	Aug - 30 Chicken Chimichanga Rice, Spanish WG Refried Beans Corn Mandarin Oranges Grapes, Fresh MILK - Variety																																																																						
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Sep - 2 NO SCHOOL	Sep - 3 Chicken Teriyaki Mashed Potatoes Salad Tossed Romaine w/R Mandarin Oranges Strawberry Shortcake Hot Roll WG MILK - Variety	Sep - 4 Roast Beef Slices GRAVY, OPTIONAL: 2 TBSP Potatoes, Red Roasted Green Beans w Garlic Pineapple Tidbits WATERMELON,CHUNKS Hot Roll WG MILK - Variety	Sep - 5 Pig-In-A-Blanket WG Mustard, individual Broccoli, Parmesan Carrots Honey Coins Grapes, Fresh PEACH CRISP Ice Cream MILK - Variety	Sep - 6 BEEFY NACHOS WG Rice, Spanish WG Refried Beans Red & Orange Peppers Corn Grapes, Fresh Orange Slices 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 LASAGNA WITH GROUND Caesar Salad w Ranch Dres Carrots Honey Coins Orange Wedges Applesauce Hot Roll WG Pudding, Chocolate MILK - Variety	Sep - 10 Chicken Patty w White Grav Potatoes, Red Roasted Green Beans w Garlic Pineapple Tidbits Cherry Tart w Whipped Top Hot Roll WG MILK - Variety	Sep - 11 BARBECUED CHICKEN Cheesy Potatoes Carrots Honey Coins Grapes, Fresh APPLE CRISP Sherbet, Luigi's, Lime Hot Roll WG MILK - Variety	Sep - 12 TURKEY AND DRESSING S Gravy, Turkey Mashed Potatoes Baked Beans KIWI Strawberries & Bananas Hot Roll WG MILK - Variety	Sep - 13 BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Jello FRUIT COCKTAIL CANTALOUPE MILK - Variety																																																																						
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CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Sep - 23 Chicken, Tangerine Fried Rice Egg Roll, veg Broccoli, Parmesan Asian Slaw Mandarin Oranges Pineapple Tidbits Breadstick WG MILK - Variety	Sep - 24 CHICKEN AND NOODLES Green Beans w Garlic Corn Grapes, Fresh Blueberry Shortcake Sherbet, Luigi's , Orange Hot Roll WG MILK - Variety	Sep - 25 Beef a Roni WG California Blend Baked Beans Strawberries Pineapple Tidbits Hot Roll WG MILK - Variety	Sep - 26 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Orange Slices MILK - Variety	Sep - 27 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrots Honey Coins Sherbet, Luigi's , Orange Pears, Sliced CANTALOUPE MILK - Variety																																																																						
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