

CABELL COUNTY SCHOOLS

HIGH SCHOOL-SALAD BAR LINE SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 28 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Aug - 29 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Aug - 30 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

**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.*

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2 NO SCHOOL	Sep - 3 Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Sep - 4 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Sep - 5 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Sep - 6 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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Sep - 9 Ham, diced, Pat. Farms .25 TURKEY Cooked,Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES,FRESH,RED RIP Cucumber Slices ONIONS,RED,RAW CAULIFLOWER,raw Celery Sticks Dressing Assorted Salad Ba Broccoli & Cheese Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar	Sep - 10 Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Sep - 11 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Sep - 12 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Sep - 13 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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Sep - 16 Ham, diced, Pat. Farms .25 TURKEY Cooked,Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES,FRESH,RED RIP Cucumber Slices ONIONS,RED,RAW CAULIFLOWER,raw Celery Sticks Dressing Assorted Salad Ba Broccoli & Cheese Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar	Sep - 17 Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Sep - 18 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Sep - 19 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Sep - 20 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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Sep - 23 Ham, diced, Pat. Farms .25 TURKEY Cooked,Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES,FRESH,RED RIP Cucumber Slices ONIONS,RED,RAW CAULIFLOWER,raw Celery Sticks Dressing Assorted Salad Ba Broccoli & Cheese Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar	Sep - 24 Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Sep - 25 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Sep - 26 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Sep - 27 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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Sep - 30 Ham, diced, Pat. Farms .25 TURKEY Cooked,Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES,FRESH,RED RIP Cucumber Slices ONIONS,RED,RAW CAULIFLOWER,raw Celery Sticks Dressing Assorted Salad Ba Broccoli & Cheese Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar				

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