

# CABELL COUNTY SCHOOLS

## HIGH SCHOOL SANDWICH LINE MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	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	Mar - 1 Bacon/Cheeseburger WG B Cheesy Potatoes Baked Beans Carrots Honey Coins Strawberries Applesauce MILK - Variety
	Nutrients                      Target Cals...                      1068                      126% Sodium.                      1454 mg Prot    47.1g                      17.6%Cal Carb    152.0g                      56.9%Cal T.Fat    32.1g                      27.0%Cal S.Fat    5.8*g                      4.9%Cal	Nutrients                      Target Cals...                      1310                      154% Sodium.                      1735 mg Prot    62.8g                      19.2%Cal Carb    159.8g                      48.8%Cal T.Fat    51.2g                      35.2%Cal S.Fat    17.6*g                      12.1%Cal	Nutrients                      Target Cals...                      994                      117% Sodium.                      1053 mg Prot    48.1g                      19.3%Cal Carb    149.5g                      60.2%Cal T.Fat    24.6g                      22.3%Cal S.Fat    7.8*g                      7.1%Cal	Nutrients                      Target Cals...                      997                      117% Sodium.                      1754 mg Prot    47.8g                      19.2%Cal Carb    112.6g                      45.2%Cal T.Fat    40.3g                      36.3%Cal S.Fat    18.3*g                      16.5%Cal
Mar - 4  Taco, Beef & Cheese Nacho Scoops WG Salsa/H Refried Beans Corn APPLE CRISP Ice Cream Mandarin Oranges MILK - Variety	Mar - 5  Chicken Patty WG Bun Caesar Salad w Ranch Dres BAKED POTATO Margarine, cup, indiv. Grapes, Fresh Orange Slices MILK - Variety	Mar - 6  Philly Steak/Cheese WGSan Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Orange Slices Pears, Sliced MILK - Variety	Mar - 7  Cheeseburger/Pretzel Bun Lettuce & Tomato Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon CANTALOUPE MILK - Variety	Mar - 8  Italian Sub Broccoli, Parmesan Carrots Honey Coins KIWI Strawberries Yogurt MILK - Variety
Nutrients                      Target Cals...                      1329                      156% Sodium.                      1200 mg Prot    49.1g                      14.8%Cal Carb    170.7g                      51.4%Cal T.Fat    51.5g                      34.9%Cal S.Fat    10.7*g                      7.2%Cal	Nutrients                      Target Cals...                      850                      100% Sodium.                      1248 mg Prot    43.1g                      20.3%Cal Carb    121.7g                      57.3%Cal T.Fat    24.0g                      25.4%Cal S.Fat    5.8*g                      6.2%Cal	Nutrients                      Target Cals...                      912                      107% Sodium.                      1200 mg Prot    41.4g                      18.2%Cal Carb    116.4g                      51.0%Cal T.Fat    33.1g                      32.7%Cal S.Fat    12.5*g                      12.3%Cal	Nutrients                      Target Cals...                      946                      111% Sodium.                      1038 mg Prot    40.5g                      17.1%Cal Carb    119.8g                      50.6%Cal T.Fat    34.4g                      32.7%Cal S.Fat    14.1*g                      13.4%Cal	Nutrients                      Target Cals...                      966                      114% Sodium.                      1348 mg Prot    52.9g                      21.9%Cal Carb    126.9g                      52.5%Cal T.Fat    31.4g                      29.2%Cal S.Fat    12.5*g                      11.6%Cal

**\*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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Mar - 11  MEATBALL SUB Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Pears, Sliced WATERMELON ROYAL BROWNIES MILK - Variety	Mar - 12  Ham & CheeseWG Flatbrea Nacho Scoops WG Salsa/H Refried Beans Corn BLUEBERRY TARTW/WHIPP Pineapple Tidbits MILK - Variety	Mar - 13  BBQ Pork WG Bun Cheese, Cheddar, Cubes Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Strawberries & Bananas KIWI MILK - Variety	Mar - 14  Chicken/Bacon RanchWG H Sun Chips WG Caesar Salad w Ranch Dres Peas Peaches HONEYDEW MELON Sherbet, Luigi's , Orange MILK - Variety	Mar - 15  NO SCHOOL																																																																																																																																												
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Carb	153.5g	68.1%Cal																																																																																																																																														
T.Fat	12.7g	12.7%Cal																																																																																																																																														
S.Fat	5.2*g	5.2%Cal																																																																																																																																														
Nutrients		Target																																																																																																																																														
Cals...	957	113%																																																																																																																																														
Sodium.	1333 mg																																																																																																																																															
Prot	36.3g	15.2%Cal																																																																																																																																														
Carb	140.1g	58.6%Cal																																																																																																																																														
T.Fat	32.7g	30.8%Cal																																																																																																																																														
S.Fat	13.5*g	12.7%Cal																																																																																																																																														
Nutrients		Target																																																																																																																																														
Cals...	983	116%																																																																																																																																														
Sodium.	1352 mg																																																																																																																																															
Prot	42.9g	17.4%Cal																																																																																																																																														
Carb	130.3g	53.0%Cal																																																																																																																																														
T.Fat	34.0g	31.1%Cal																																																																																																																																														
S.Fat	5.7*g	5.2%Cal																																																																																																																																														
Nutrients		Target																																																																																																																																														
Cals...	1062	125%																																																																																																																																														
Sodium.	864 mg																																																																																																																																															
Prot	52.6g	19.8%Cal																																																																																																																																														
Carb	130.5g	49.1%Cal																																																																																																																																														
T.Fat	40.0g	33.9%Cal																																																																																																																																														
S.Fat	16.0*g	13.6%Cal																																																																																																																																														
Mar - 25  NO SCHOOL	Mar - 26  SPRING BREAK	Mar - 27  SPRING BREAK	Mar - 28  SPRING BREAK	Mar - 29  SPRING BREAK																																																																																																																																												

**\*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.

# CABELL COUNTY SCHOOLS

## HIGH SCHOOL SANDWICH LINE MARCH 2019

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	0	0%	Cals...	0	0%	Cals...	0	0%	Cals...	0	0%	Cals...	0	0%
Sodium.	0 mg		Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg
Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal
Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal
T.Fat	0.0g	0.0%Cal	T.Fat	*N/A*	*N/A%Cal	T.Fat	*N/A*	*N/A%Cal	T.Fat	*N/A*	*N/A%Cal	T.Fat	*N/A*	*N/A%Cal
S.Fat	0.0*g	0.0%Cal	S.Fat	*N/A*	*N/A%Cal	S.Fat	*N/A*	*N/A%Cal	S.Fat	*N/A*	*N/A%Cal	S.Fat	*N/A*	*N/A%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

**\*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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