

CABELL COUNTY SCHOOLS
MIDDLE SCHOOL 2nd LUNCH LINE MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
	Feb - 26 Italian Sub Baked Fries ketchup, indiv 7 grams Red & Orange Peppers Ranch Dip, FF PEACHES CUP Veg Fruit Bar Tuesday Midd MILK - Variety	Feb - 27 Chicken Patty WG Bun Lettuce & Tomato Nacho Scoops WG Salsa/H Broccoli, Parmesan Strawberries & Bananas Veg Fruit Bar Wed Middle MILK - Variety	Feb - 28 Chili Con Carne w Beans Cheese Quesadilla Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Thursday Mid MILK - Variety	Mar - 1 Bacon Cheeseburger WG B PRETZELS, FISH SHAPED Baked Beans Carrots Honey Coins FRESH APPLE WEDGES Veg Fruit Bar Friday MILK - Variety																																																																						
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Mar - 4 Taco, Beef & Cheese Nacho Scoops WG Salsa/H Refried Beans Corn APPLE CRISP Ice Cream Veg Fruit Bar Monday MILK - Variety	Mar - 5 French WG Bread Cheesy/P Caesar Salad w Ranch Dres Peas Grapes, Fresh Yogurt Veg Fruit Bar Tuesday MILK - Variety	Mar - 6 Philly Steak/Cheese WGSan Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Orange Slices Veg Fruit Bar Wednesda MILK - Variety	Mar - 7 Cheeseburger WG Bun Lettuce & Tomato Potatoes, Diced Hashbrown Celery Sticks w Wow Butter Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Mar - 8 Chicken Patty WG Bun Sun Chips WG Broccoli, Parmesan Carrots Honey Coins FRUIT COCKTAIL Yogurt Veg Fruit Bar Friday MILK - Variety																																																																						
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CABELL COUNTY SCHOOLS
MIDDLE SCHOOL 2nd LUNCH LINE MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 11 MEATBALL SUB Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Pears, Sliced Veg Fruit Bar Monday MILK - Variety	Mar - 12 Pizza WG Peppero/Che Flat Nacho Scoops WG Salsa/H Refried Beans Corn BLUEBERRY TARTW/WHIPP Veg Fruit Bar Tuesday MILK - Variety	Mar - 13 BBQ Pork WG Bun Cheese, Cheddar, Cubes Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Wednesda MILK - Variety	Mar - 14 Chicken/Bacon RanchWG H Caesar Salad w Ranch Dres Peas Peaches Sherbet, Luigi's , Orange Veg Fruit Bar Thursday MILK - Variety	Mar - 15 NO SCHOOL
Nutrients Target Cals... 966 138% Sodium. 1535 mg Prot 43.3g 17.9%Cal Carb 141.3g 58.5%Cal T.Fat 25.8*g 24.0%Cal S.Fat 5.3*g 5.0%Cal	Nutrients Target Cals... 1083 155% Sodium. 2025 mg Prot 46.1g 17.0%Cal Carb 147.3g 54.4%Cal T.Fat 34.4*g 28.6%Cal S.Fat 9.8*g 8.1%Cal	Nutrients Target Cals... 871 124% Sodium. 1657 mg Prot 44.3g 20.3%Cal Carb 118.1g 54.3%Cal T.Fat 26.6*g 27.5%Cal S.Fat 9.8*g 10.2%Cal	Nutrients Target Cals... 928 133% Sodium. 1608 mg Prot 47.7g 20.6%Cal Carb 147.0g 63.4%Cal T.Fat 17.3*g 16.8%Cal S.Fat 6.5*g 6.3%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 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 Pig N Blanket (ww) Mustard, individual Cucumber Slices Ranch Dip, FF Blueberry Shortcake Veg Fruit Bar Monday Midd MILK - Variety	Mar - 19 Turkey & Cheese WG hoagi Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Tuesday Midd MILK - Variety	Mar - 20 Steak/CheeseWG Hoagie Lettuce & Tomato Potato Rounds Carrots Honey Coins Strawberries & Bananas Veg Fruit Bar Wednesda MILK - Variety	Mar - 21 BBQ Pork WG Bun Cheese, Cheddar, Cubes Creamy Cole Slaw Quick Baked Potatoes Orange Slices Veg Fruit Bar Thursday MILK - Variety	Mar - 22 Pizza, Cheese Broccoli, Parmesan Corn FRESH APPLE WEDGES Pudding, Chocolate Veg Fruit Bar Friday MILK - Variety
Nutrients Target Cals... 1116 159% Sodium. 1603 mg Prot 55.8g 20.0%Cal Carb 132.4g 47.5%Cal T.Fat 42.7*g 34.5%Cal S.Fat 13.6*g 11.0%Cal	Nutrients Target Cals... 801 114% Sodium. 1643 mg Prot 42.0g 21.0%Cal Carb 125.1g 62.4%Cal T.Fat 14.4*g 16.2%Cal S.Fat 5.5*g 6.2%Cal	Nutrients Target Cals... 982 140% Sodium. 1507 mg Prot 38.3g 15.6%Cal Carb 138.7g 56.5%Cal T.Fat 34.4*g 31.5%Cal S.Fat 13.8*g 12.7%Cal	Nutrients Target Cals... 884 126% Sodium. 1370 mg Prot 45.9g 20.8%Cal Carb 127.6g 57.7%Cal T.Fat 22.9*g 23.3%Cal S.Fat 8.4*g 8.6%Cal	Nutrients Target Cals... 788 113% Sodium. 1134 mg Prot 40.1g 20.3%Cal Carb 123.7g 62.8%Cal T.Fat 16.2*g 18.5%Cal S.Fat 3.7*g 4.2%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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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	0.0*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
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