

# CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 26 Macaroni and Cheese Chicken Tenders Broccoli, Parmesan Strawberries & Bananas Hot Roll WG Veg Fruit Bar Tuesday Midd MILK - Variety	Feb - 27 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Feb - 28 TURKEY AND DRESSING S Mashed Potatoes Peas PEACHES CUP Hot Roll WG Veg Fruit Bar Thursday Mid MILK - Variety	Mar - 1 Barbecue Chicken Cheesy Potatoes Baked Beans Carrots Honey Coins Hot Roll WG FRESH APPLE WEDGES Veg Fruit Bar Friday Middle MILK - Variety
	Nutrients                      Target Cals...                      775                      111% Sodium.                      910 mg Prot    47.8g                      24.7%Cal Carb   107.3g                      55.4%Cal T.Fat   21.3g                      24.7%Cal S.Fat    9.8g                      11.4%Cal	Nutrients                      Target Cals...                      759                      108% Sodium.                      1607 mg Prot    39.5g                      20.8%Cal Carb   88.0g                      46.4%Cal T.Fat   28.4g                      33.7%Cal S.Fat   13.4g                      15.8%Cal	Nutrients                      Target Cals...                      777                      111% Sodium.                      1036 mg Prot    39.5g                      20.3%Cal Carb   110.2g                      56.7%Cal T.Fat   20.6g                      23.9%Cal S.Fat    4.7g                      5.5%Cal	Nutrients                      Target Cals...                      925                      132% Sodium.                      1487 mg Prot    42.4g                      18.3%Cal Carb   117.5g                      50.8%Cal T.Fat   32.4g                      31.5%Cal S.Fat   12.1g                      11.8%Cal
Mar - 4 Chicken/Cheese Quesadilla Rice, Spanish WG Refried Beans Corn APPLE CRISP Ice Cream Veg Fruit Bar Monday Midd MILK - Variety	Mar - 5 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas Grapes, Fresh Hot Roll WG Veg Fruit Bar Tuesday Midd MILK - Variety	Mar - 6 Broccoli & Cheese Soup Ham & Cheese WG Croissa Cucumber Slices Ranch Dip, FF Orange Slices Veg Fruit Bar Wed Middle MILK - Variety	Mar - 7 BREAKFAST FOR LUNCH SCRAMBLED EGGS Bacon, Round Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Mar - 8 Pepperoni/Cheese WG Roll Broccoli, Parmesan Carrots Honey Coins FRUIT COCKTAIL Yogurt Veg Fruit Bar Friday Middle MILK - Variety
Nutrients                      Target Cals...                      1198                      171% Sodium.                      1351 mg Prot    48.7g                      16.2%Cal Carb   179.0g                      59.7%Cal T.Fat   33.3*g                      25.0%Cal S.Fat    3.8*g                      2.9%Cal	Nutrients                      Target Cals...                      820                      117% Sodium.                      1178 mg Prot    48.1g                      23.5%Cal Carb   107.7g                      52.5%Cal T.Fat   23.3*g                      25.6%Cal S.Fat    7.3*g                      8.0%Cal	Nutrients                      Target Cals...                      757                      108% Sodium.                      1894 mg Prot    35.4g                      18.7%Cal Carb    77.8g                      41.1%Cal T.Fat   32.1*g                      38.2%Cal S.Fat    8.3*g                      9.8%Cal	Nutrients                      Target Cals...                      780*                      111% Sodium.                      1294* mg Prot    26.5*g                      13.6%Cal Carb   137.1*g                      70.3%Cal T.Fat   28.8*g                      33.2%Cal S.Fat   14.5*g                      16.7%Cal	Nutrients                      Target Cals...                      991*                      142% Sodium.                      1657* mg Prot    51.1*g                      20.6%Cal Carb   121.1*g                      48.9%Cal T.Fat   38.2*g                      34.7%Cal S.Fat   16.8*g                      15.3%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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MIDDLE SCHOOL MAIN LINE MARCH 2019

Page 2

Feb 25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
Mar - 11  CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Mar - 12  Beefy Nachos WG Rice, Spanish WG Refried Beans Corn BLUEBERRY TARTW/WHIPP Veg Fruit Bar Tuesday Midd MILK - Variety	Mar - 13  Hot Dog WG bun with chili Mustard, individual Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Wed Middle MILK - Variety	Mar - 14  Beef a Roni WG Caesar Salad w Ranch Dres Peas Peaches Hot Roll WG Sherbet, Luigi's , Orange Veg Fruit Bar Thursday Mid MILK - Variety	Mar - 15  NO SCHOOL																																																																																																									
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**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

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# CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN 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	0.0*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
Carb	0.0*g	0.0%Cal	Carb	0.0*g	0.0%Cal	Carb	0.0*g	0.0%Cal	Carb	0.0*g	0.0%Cal	Carb	0.0*g	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
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

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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