

CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU NOVEMBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------------------|--|--|---|--------|------|---------|--------|------|---------|---------|----------|------|--------|----------|-------|--------|----------|-------|--------|----------|---|-----------|---------|---|-----------|--------|----|---------|------|------|---------|---------|---------|------|-------|----------|-------|--------|----------|-------|--------|----------|---|-----------|----------|--|---------|-----|------|---------|---------|--|------|-------|----------|------|--------|----------|-------|--------|----------|-------|--------|----------|---|-----------|--------|--|---------|------|------|---------|----------|--|------|--------|----------|------|---------|----------|-------|--------|----------|-------|--------|----------|---|-----------|--------|--|---------|------|------|---------|----------|--|------|--------|----------|------|---------|----------|-------|--------|----------|-------|-------|---------|
| | | | Nov - 1 BEEFY NACHOS WG Rice, Spanish WG Refried Beans Corn Orange Slices Pineapple Tidbits Jello MILK - Variety | Nov - 2 Pepperoni/Cheese WG Roll Sweet Potato Waffles California Blend Strawberries & Bananas FRUIT COCKTAIL MILK - Variety | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1202</td> <td style="text-align: right;">141%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1276 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">51.6g</td> <td style="text-align: right;">17.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">170.8g</td> <td style="text-align: right;">56.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">34.1*g</td> <td style="text-align: right;">25.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.2*g</td> <td style="text-align: right;">6.9%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 1202 | 141% | Sodium. | 1276 mg | | Prot | 51.6g | 17.2%Cal | Carb | 170.8g | 56.9%Cal | T.Fat | 34.1*g | 25.5%Cal | S.Fat | 9.2*g | 6.9%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">946</td> <td style="text-align: right;">111%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1443 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.5g</td> <td style="text-align: right;">16.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">123.5g</td> <td style="text-align: right;">52.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">37.5*g</td> <td style="text-align: right;">35.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">15.2*g</td> <td style="text-align: right;">14.5%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 946 | 111% | Sodium. | 1443 mg | | Prot | 38.5g | 16.3%Cal | Carb | 123.5g | 52.2%Cal | T.Fat | 37.5*g | 35.7%Cal | S.Fat | 15.2*g | 14.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1202 | 141% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1276 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 51.6g | 17.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 170.8g | 56.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 34.1*g | 25.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 9.2*g | 6.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 946 | 111% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1443 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 38.5g | 16.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 123.5g | 52.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 37.5*g | 35.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 15.2*g | 14.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nov - 5 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Blueberry Shortcake Orange Slices Hot Roll WG MILK - Variety | Nov - 6 NO SCHOOL | Nov - 7 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrots Honey Coins Ranch Dip, FF Pears, Sliced Orange Slices MILK - Variety | Nov - 8 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Grapes, Fresh MILK - Variety | Nov - 9 Ham/Ched Cheese WG Roll Broccoli, Parmesan Baked Beans HONEYDEW MELON Cookie Choc Chip WW KIWI MILK - Variety | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1107</td> <td style="text-align: right;">130%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">818 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">59.5g</td> <td style="text-align: right;">21.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">160.3g</td> <td style="text-align: right;">58.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.7*g</td> <td style="text-align: right;">22.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.5*g</td> <td style="text-align: right;">5.3%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 1107 | 130% | Sodium. | 818 mg | | Prot | 59.5g | 21.5%Cal | Carb | 160.3g | 58.0%Cal | T.Fat | 27.7*g | 22.5%Cal | S.Fat | 6.5*g | 5.3%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table> | 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 | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">834</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1541 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">40.1g</td> <td style="text-align: right;">19.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">106.1g</td> <td style="text-align: right;">50.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.8*g</td> <td style="text-align: right;">32.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">14.9*g</td> <td style="text-align: right;">16.1%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 834 | 100% | Sodium. | 1541 mg | | Prot | 40.1g | 19.3%Cal | Carb | 106.1g | 50.9%Cal | T.Fat | 29.8*g | 32.2%Cal | S.Fat | 14.9*g | 16.1%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">934*</td> <td style="text-align: right;">110%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1452* mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.9*g</td> <td style="text-align: right;">13.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">134.2*g</td> <td style="text-align: right;">57.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">44.3*g</td> <td style="text-align: right;">42.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">20.0*g</td> <td style="text-align: right;">19.3%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 934* | 110% | Sodium. | 1452* mg | | Prot | 31.9*g | 13.7%Cal | Carb | 134.2*g | 57.5%Cal | T.Fat | 44.3*g | 42.7%Cal | S.Fat | 20.0*g | 19.3%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">824*</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1500* mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">42.7*g</td> <td style="text-align: right;">20.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">126.5*g</td> <td style="text-align: right;">61.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.2*g</td> <td style="text-align: right;">20.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.2*g</td> <td style="text-align: right;">7.9%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 824* | 100% | Sodium. | 1500* mg | | Prot | 42.7*g | 20.7%Cal | Carb | 126.5*g | 61.4%Cal | T.Fat | 19.2*g | 20.9%Cal | S.Fat | 7.2*g | 7.9%Cal |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1107 | 130% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 818 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 59.5g | 21.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 160.3g | 58.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 27.7*g | 22.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.5*g | 5.3%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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 834 | 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1541 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 40.1g | 19.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 106.1g | 50.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 29.8*g | 32.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 14.9*g | 16.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 934* | 110% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1452* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 31.9*g | 13.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 134.2*g | 57.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 44.3*g | 42.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 20.0*g | 19.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 824* | 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1500* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 42.7*g | 20.7%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 126.5*g | 61.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 19.2*g | 20.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.2*g | 7.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU NOVEMBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| Nov - 12 NO SCHOOL | Nov - 13 Chicken Nuggets Baked Beans Mashed Potatoes Peaches APPLE CRISP Hot Roll WG MILK - Variety | Nov - 14 Hot Dog WG bun with chili Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Carrot Sticks Ranch Dip, FF FRUIT COCKTAIL Strawberries MILK - Variety | Nov - 15 Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Pumpkin or Apple Pie/Top Grapes, Fresh Hot Roll WG MILK - Variety | Nov - 16 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Texas Toast CANTALOUPE MILK - Variety |
| Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal | Nutrients Target Cals... 1071* 126% Sodium. 1730* mg Prot 41.4*g 15.5%Cal Carb 156.9*g 58.6%Cal T.Fat 30.7*g 25.8%Cal S.Fat 7.8*g 6.6%Cal | Nutrients Target Cals... 769* 100% Sodium. 1696* mg Prot 26.3*g 13.7%Cal Carb 107.1*g 55.7%Cal T.Fat 29.3*g 34.3%Cal S.Fat 10.9*g 12.7%Cal | Nutrients Target Cals... 1131* 133% Sodium. 2328* mg Prot 44.4*g 15.7%Cal Carb 152.7*g 54.0%Cal T.Fat 39.6*g 31.5%Cal S.Fat 11.9*g 9.5%Cal | Nutrients Target Cals... 916* 108% Sodium. 1247* mg Prot 45.4*g 19.8%Cal Carb 136.1*g 59.4%Cal T.Fat 23.1*g 22.7%Cal S.Fat 8.3*g 8.2%Cal |
| Nov - 19 NO SCHOOL | Nov - 20 NO SCHOOL | Nov - 21 NO SCHOOL | Nov - 22 NO SCHOOL | Nov - 23 NO SCHOOL |
| Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal | Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal | Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal | Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal | Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal |
| Nov - 26 Macaroni and Cheese Chicken Fries Carrots Honey Coins Peas Pineapple Tidbits KIWI Hot Roll WG MILK - Variety | Nov - 27 Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Mandarin Oranges Pudding, Chocolate Grapes, Fresh MILK - Variety | Nov - 28 Baked Steak with Gravy Mashed Potatoes Green Beans w Garlic FRUIT COCKTAIL Strawberries Hot Roll WG Jello MILK - Variety | Nov - 29 CHICKEN ALFREDO WITH A Caesar Salad w Ranch Dres Green Beans w Garlic Pears, Sliced Texas Toast CANTALOUPE MILK - Variety | Nov - 30 Chili Con Carne w Beans Corndog WG Mustard, individual Carrot Sticks Ranch Dip, FF Blueberries/Strawberries Mi HONEYDEW MELON MILK - Variety |

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CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU NOVEMBER 2018

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|-----------|---------|----------|-----------|---------|----------|-----------|---------|----------|-----------|---------|----------|-----------|---------|----------|
| Nutrients | Target | | Nutrients | Target | | Nutrients | Target | | Nutrients | Target | | Nutrients | Target | |
| Cals... | 1060* | 125% | Cals... | 874* | 103% | Cals... | 801* | 100% | Cals... | 809* | 100% | Cals... | 713* | 95% |
| Sodium. | 1328* | mg | Sodium. | 1409* | mg | Sodium. | 1052* | mg | Sodium. | 1265* | mg | Sodium. | 1274* | mg |
| Prot | 47.3*g | 17.8%Cal | Prot | 47.7*g | 21.8%Cal | Prot | 30.9*g | 15.4%Cal | Prot | 48.1*g | 23.8%Cal | Prot | 33.9*g | 19.0%Cal |
| Carb | 144.7*g | 54.6%Cal | Carb | 133.5*g | 61.1%Cal | Carb | 114.7*g | 57.2%Cal | Carb | 123.2*g | 60.9%Cal | Carb | 104.9*g | 58.9%Cal |
| T.Fat | 35.2*g | 29.9%Cal | T.Fat | 17.0*g | 17.5%Cal | T.Fat | 25.9*g | 29.1%Cal | T.Fat | 16.0*g | 17.8%Cal | T.Fat | 19.5*g | 24.6%Cal |
| S.Fat | 13.1*g | 11.1%Cal | S.Fat | 4.1*g | 4.3%Cal | S.Fat | 8.6*g | 9.6%Cal | S.Fat | 5.7*g | 6.3%Cal | S.Fat | 6.2*g | 7.8%Cal |

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