

CABELL COUNTY SCHOOLS

HIGH SCHOOL SANDWICH LINE NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
			Nov - 1 Chicken Fajita Quesadilla Rice, Spanish WG Corn Refried Beans Orange Slices Pineapple Tidbits Jello MILK - Variety	Nov - 2 Steak/CheeseWG Hoagie Sweet Potato Waffles California Blend Strawberries & Bananas FRUIT COCKTAIL SUNFLOWER SEEDS MILK - Variety																																																																																																									
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Nov - 5 Cheeseburger WG Bun Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Blueberry Shortcake Orange Slices MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 Italian Sub Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins Pears, Sliced Orange Slices MILK - Variety	Nov - 8 Steak/CheeseWG Hoagie Potatoes, Diced Hashbrown Cucumber Slices Ranch Dip, FF Apples, Hot/Cinnamon Grapes, Fresh Sherbet, Luigi's , Orange MILK - Variety	Nov - 9 Chicken Patty WG Bun Broccoli, Parmesan Baked Beans HONEYDEW MELON KIWI Cookie Choc Chip WW MILK - Variety																																																																																																									
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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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Nov - 12 NO SCHOOL	Nov - 13 Ham & Cheese WG Croissa Nacho Scoops WG Salsa/H Baked Beans Carrot Sticks w Dip APPLE CRISP Peaches MILK - Variety	Nov - 14 BBQ Pork WG Bun Cheese, Cheddar Stick Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams 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 Chicken/Bacon RanchWG H Sun Chips WG Caesar Salad w Ranch Dres Carrots Honey Coins CANTALOUPE Pears, Sliced MILK - Variety																																																																																																																																																																																																																		
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Prot	37.9g	14.3%Cal																																																																																																																																																																																																																				
Carb	153.0g	57.6%Cal																																																																																																																																																																																																																				
T.Fat	34.7g	29.3%Cal																																																																																																																																																																																																																				
S.Fat	4.0*g	3.4%Cal																																																																																																																																																																																																																				
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Cals...	894	105%																																																																																																																																																																																																																				
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Prot	46.5g	20.8%Cal																																																																																																																																																																																																																				
Carb	121.4g	54.3%Cal																																																																																																																																																																																																																				
T.Fat	27.5g	27.7%Cal																																																																																																																																																																																																																				
S.Fat	11.2*g	11.2%Cal																																																																																																																																																																																																																				
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S.Fat	11.9*g	9.5%Cal																																																																																																																																																																																																																				
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Sodium.	1314 mg																																																																																																																																																																																																																					
Prot	42.6g	18.6%Cal																																																																																																																																																																																																																				
Carb	120.3g	52.5%Cal																																																																																																																																																																																																																				
T.Fat	17.0g	16.7%Cal																																																																																																																																																																																																																				
S.Fat	6.8*g	6.7%Cal																																																																																																																																																																																																																				
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Nov - 26 Cheeseburger/Pretzel Bun Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Pineapple Tidbits KIWI MILK - Variety	Nov - 27 Taco Tostitos To Go Refried Beans Broccoli, Parmesan Mandarin Oranges Grapes, Fresh Pudding, Chocolate MILK - Variety	Nov - 28 Hot Ham/Cheese on WG B Potatoes, Red Roasted Cucumber Slices Ranch Dip, FF Strawberries FRUIT COCKTAIL Jello MILK - Variety	Nov - 29 Philly Steak/Cheese WGSan Caesar Salad w Ranch Dres BAKED POTATO Margarine, cup, indiv. Pears, Sliced CANTALOUPE MILK - Variety	Nov - 30 Chili Con Carne w Beans Toasted WGCheese Sandwi Carrot Sticks Ranch Dip, FF Blueberries/Strawberries Mi HONEYDEW MELON MILK - Variety																																																																																																																																																																																																																		

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CABELL COUNTY SCHOOLS

HIGH SCHOOL SANDWICH LINE NOVEMBER 2018

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	882	104%	Cals...	672	90%	Cals...	642	86%	Cals...	1006	118%	Cals...	777	100%
Sodium.	1074 mg		Sodium.	997 mg		Sodium.	1201 mg		Sodium.	938 mg		Sodium.	1517 mg	
Prot	37.3g	16.9%Cal	Prot	43.4g	25.8%Cal	Prot	29.9g	18.6%Cal	Prot	48.4g	19.2%Cal	Prot	40.1g	20.6%Cal
Carb	112.1g	50.9%Cal	Carb	93.7g	55.8%Cal	Carb	109.5g	68.2%Cal	Carb	134.0g	53.3%Cal	Carb	98.3g	50.6%Cal
T.Fat	32.0g	32.7%Cal	T.Fat	14.4g	19.3%Cal	T.Fat	11.7g	16.4%Cal	T.Fat	32.7g	29.3%Cal	T.Fat	27.5g	31.8%Cal
S.Fat	14.1*g	14.4%Cal	S.Fat	6.1*g	8.2%Cal	S.Fat	4.0*g	5.6%Cal	S.Fat	12.5*g	11.1%Cal	S.Fat	13.1*g	15.2%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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