

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL 2nd LUNCH LINE NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Ham & CheeseWG Flatbrea Rice, Spanish WG Refried Beans CORN COBBETT Jello w Fruit Mix Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 2 Cheeseburger WG Bun Chex Mix WG Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday Middle MILK - Variety
Nov - 5 Steak/CheeseWG Hoagie Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Blueberry Shortcake Veg Fruit Bar Monday Midd MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 BBQ Pork WG Bun Cheese, Cheddar, Cubes Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Nov - 8 Chicken/Bacon RanchWG H Potatoes, Diced Hashbrown Red & Orange Peppers Ranch Dip, FF Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 9 MEATBALL SUB Broccoli, Parmesan Baked Beans Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle MILK - Variety
Nov - 12 NO SCHOOL	Nov - 13 Chicken Patty WG Bun Sun Chips WG Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday Midd MILK - Variety	Nov - 14 Italian Sub Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Nov - 15 Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Pumpkin or Apple Pie/Top Hot Roll WG MILK - Variety	Nov - 16 Ranch Chicken/Cheddar Wr Munch WG Snack Mix Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Veg Fruit Bar Friday Middle MILK - Variety
Nov - 19 NO SCHOOL	Nov - 20 NO SCHOOL	Nov - 21 NO SCHOOL	Nov - 22 NO SCHOOL	Nov - 23 NO SCHOOL

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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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26 Steak/CheeseWG Hoagie Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Pineapple Tidbits MILK - Variety	Nov - 27 Ham & Cheese WG Croissa Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Mandarin Oranges MILK - Variety	Nov - 28 TURKEY SUB Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL Jello MILK - Variety	Nov - 29 Pizza WG Pepperoni/Che Flat Caesar Salad w Ranch Dres Celery Sticks w Wow Butter Pears, Sliced Veg Fruit Bar Thursday MILK - Variety	Nov - 30 Chili Con Carne w Beans Toasted Cheese Sandwich Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday MILK - Variety

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