

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE NOVEMBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------------------|---|--|--|--------|------|---------|--------|------|---------|---------|----------|------|--------|----------|-------|--------|----------|-------|--------|----------|---|-----------|---------|---|-----------|--------|----|---------|------|------|---------|---------|---------|------|-------|----------|-------|--------|----------|-------|--------|----------|--|-----------|----------|--|---------|-----|------|---------|---------|--|------|-------|----------|------|-------|----------|-------|--------|----------|-------|--------|----------|---|-----------|--------|--|---------|------|------|---------|----------|--|------|--------|----------|------|---------|----------|-------|--------|----------|-------|--------|----------|---|-----------|--------|--|---------|------|------|---------|----------|--|------|--------|----------|------|---------|----------|-------|--------|----------|-------|-------|---------|
| | | | Nov - 1 Beefy Nachos WG Rice, Spanish WG Refried Beans CORN COBBETT Jello w Fruit Mix Veg Fruit Bar Thursday Mid MILK - Variety | Nov - 2 Pepperoni/Cheese WG Roll Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday Middle 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;">1213</td> <td style="text-align: right;">173%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1249 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">47.9g</td> <td style="text-align: right;">15.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">179.2g</td> <td style="text-align: right;">59.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">28.5*g</td> <td style="text-align: right;">21.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.4*g</td> <td style="text-align: right;">5.5%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 1213 | 173% | Sodium. | 1249 mg | | Prot | 47.9g | 15.8%Cal | Carb | 179.2g | 59.1%Cal | T.Fat | 28.5*g | 21.2%Cal | S.Fat | 7.4*g | 5.5%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;">802</td> <td style="text-align: right;">115%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1536 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.8g</td> <td style="text-align: right;">19.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">101.3g</td> <td style="text-align: right;">50.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">31.4*g</td> <td style="text-align: right;">35.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.5*g</td> <td style="text-align: right;">15.1%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 802 | 115% | Sodium. | 1536 mg | | Prot | 38.8g | 19.3%Cal | Carb | 101.3g | 50.5%Cal | T.Fat | 31.4*g | 35.2%Cal | S.Fat | 13.5*g | 15.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1213 | 173% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1249 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 47.9g | 15.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 179.2g | 59.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 28.5*g | 21.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.4*g | 5.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 802 | 115% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1536 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 38.8g | 19.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 101.3g | 50.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 31.4*g | 35.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 13.5*g | 15.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nov - 5 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Blueberry Shortcake Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety | Nov - 6 NO SCHOOL | Nov - 7 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety | Nov - 8 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety | Nov - 9 Ham/Ched Cheese WG Roll Broccoli, Parmesan Baked Beans Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle 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;">1041</td> <td style="text-align: right;">149%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">870 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">57.4g</td> <td style="text-align: right;">22.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">146.9g</td> <td style="text-align: right;">56.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">26.7*g</td> <td style="text-align: right;">23.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.4*g</td> <td style="text-align: right;">5.5%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 1041 | 149% | Sodium. | 870 mg | | Prot | 57.4g | 22.1%Cal | Carb | 146.9g | 56.5%Cal | T.Fat | 26.7*g | 23.1%Cal | S.Fat | 6.4*g | 5.5%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;">750</td> <td style="text-align: right;">107%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1584 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.6g</td> <td style="text-align: right;">20.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">90.2g</td> <td style="text-align: right;">48.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.0*g</td> <td style="text-align: right;">32.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.1*g</td> <td style="text-align: right;">15.8%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 750 | 107% | Sodium. | 1584 mg | | Prot | 38.6g | 20.6%Cal | Carb | 90.2g | 48.1%Cal | T.Fat | 27.0*g | 32.5%Cal | S.Fat | 13.1*g | 15.8%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;">925*</td> <td style="text-align: right;">132%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1419* mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.2*g</td> <td style="text-align: right;">13.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">134.4*g</td> <td style="text-align: right;">58.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">43.8*g</td> <td style="text-align: right;">42.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">19.5*g</td> <td style="text-align: right;">19.0%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 925* | 132% | Sodium. | 1419* mg | | Prot | 30.2*g | 13.0%Cal | Carb | 134.4*g | 58.1%Cal | T.Fat | 43.8*g | 42.6%Cal | S.Fat | 19.5*g | 19.0%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;">835*</td> <td style="text-align: right;">119%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1549* mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.0*g</td> <td style="text-align: right;">20.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">126.9*g</td> <td style="text-align: right;">60.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">20.0*g</td> <td style="text-align: right;">21.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.4*g</td> <td style="text-align: right;">8.0%Cal</td> </tr> </table> | Nutrients | Target | | Cals... | 835* | 119% | Sodium. | 1549* mg | | Prot | 43.0*g | 20.6%Cal | Carb | 126.9*g | 60.8%Cal | T.Fat | 20.0*g | 21.6%Cal | S.Fat | 7.4*g | 8.0%Cal |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1041 | 149% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 870 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 57.4g | 22.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 146.9g | 56.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 26.7*g | 23.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.4*g | 5.5%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... | 750 | 107% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1584 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 38.6g | 20.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 90.2g | 48.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 27.0*g | 32.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 13.1*g | 15.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 925* | 132% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1419* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 30.2*g | 13.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 134.4*g | 58.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 43.8*g | 42.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 19.5*g | 19.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 835* | 119% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1549* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 43.0*g | 20.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 126.9*g | 60.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 20.0*g | 21.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.4*g | 8.0%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.

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE NOVEMBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|--|--|--|---------|-------|------|---------------|------|---------------|-------|---------------|-------|---------------|--|-----------|--------|---------|------------|---------|----------|------|-----------------|------|------------------|-------|-----------------|-------|-----------------|--|-----------|--------|---------|-----------|---------|----------|------|-----------------|------|-----------------|-------|-----------------|-------|-----------------|--|-----------|--------|---------|------------|---------|----------|------|-----------------|------|------------------|-------|-----------------|-------|-----------------|---|-----------|--------|---------|-----------|---------|----------|------|-----------------|------|------------------|-------|-----------------|-------|---------------|
| Nov - 12 NO SCHOOL | Nov - 13 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday Midd MILK - Variety | Nov - 14 Hot Dog WG bun with chili Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL 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 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Texas Toast Veg Fruit Bar Friday Middle MILK - Variety | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0* 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0* mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> </table> | 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 | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1015* 145%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1551* mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">47.3*g 18.6%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">144.1*g 56.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.2*g 26.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">12.4*g 11.0%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 1015* 145% | Sodium. | 1551* mg | Prot | 47.3*g 18.6%Cal | Carb | 144.1*g 56.8%Cal | T.Fat | 30.2*g 26.8%Cal | S.Fat | 12.4*g 11.0%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">733* 105%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1598* mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">25.5*g 13.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">96.4*g 52.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.3*g 36.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.9*g 13.4%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 733* 105% | Sodium. | 1598* mg | Prot | 25.5*g 13.9%Cal | Carb | 96.4*g 52.6%Cal | T.Fat | 29.3*g 36.0%Cal | S.Fat | 10.9*g 13.4%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1039* 148%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">2231* mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">42.1*g 16.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">136.4*g 52.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">37.4*g 32.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">11.6*g 10.0%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 1039* 148% | Sodium. | 2231* mg | Prot | 42.1*g 16.2%Cal | Carb | 136.4*g 52.5%Cal | T.Fat | 37.4*g 32.4%Cal | S.Fat | 11.6*g 10.0%Cal | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">927* 132%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1305* mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">45.2*g 19.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">136.8*g 59.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.0*g 23.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.5*g 8.3%Cal</td> </tr> </table> | Nutrients | Target | Cals... | 927* 132% | Sodium. | 1305* mg | Prot | 45.2*g 19.5%Cal | Carb | 136.8*g 59.1%Cal | T.Fat | 24.0*g 23.3%Cal | S.Fat | 8.5*g 8.3%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... | 1015* 145% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1551* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 47.3*g 18.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 144.1*g 56.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 30.2*g 26.8%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 12.4*g 11.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 733* 105% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1598* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 25.5*g 13.9%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 96.4*g 52.6%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 29.3*g 36.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 10.9*g 13.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1039* 148% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 2231* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 42.1*g 16.2%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 136.4*g 52.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 37.4*g 32.4%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 11.6*g 10.0%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 927* 132% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1305* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 45.2*g 19.5%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 136.8*g 59.1%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 24.0*g 23.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 8.5*g 8.3%Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nov - 19 NO SCHOOL | Nov - 20 NO SCHOOL | Nov - 21 NO SCHOOL | Nov - 22 NO SCHOOL | Nov - 23 NO SCHOOL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 MILK - Variety | Nov - 27 Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Mandarin Oranges MILK - Variety | Nov - 28 Baked Steak with Gravy Mashed Potatoes Green Beans w Garlic FRUIT COCKTAIL 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 Veg Fruit Bar Thursday Mid MILK - Variety | Nov - 30 Chili Con Carne w Beans Corndog WG Mustard, individual Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday Middle MILK - Variety | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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.

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CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE NOVEMBER 2018

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|-----------|---------|----------|-----------|---------|----------|-----------|--------|----------|-----------|---------|----------|-----------|--------|----------|
| Nutrients | Target | | Nutrients | Target | | Nutrients | Target | | Nutrients | Target | | Nutrients | Target | |
| Cals... | 846* | 121% | Cals... | 766* | 109% | Cals... | 691* | 100% | Cals... | 805* | 115% | Cals... | 683* | 100% |
| Sodium. | 1130* | mg | Sodium. | 1248* | mg | Sodium. | 953* | mg | Sodium. | 1286* | mg | Sodium. | 1281* | mg |
| Prot | 42.1*g | 19.9%Cal | Prot | 45.6*g | 23.8%Cal | Prot | 28.4*g | 16.4%Cal | Prot | 47.6*g | 23.6%Cal | Prot | 33.2*g | 19.4%Cal |
| Carb | 104.6*g | 49.4%Cal | Carb | 108.5*g | 56.7%Cal | Carb | 93.4*g | 54.1%Cal | Carb | 121.2*g | 60.2%Cal | Carb | 95.7*g | 56.0%Cal |
| T.Fat | 30.6*g | 32.5%Cal | T.Fat | 16.9*g | 19.9%Cal | T.Fat | 23.7*g | 30.8%Cal | T.Fat | 16.5*g | 18.4%Cal | T.Fat | 20.4*g | 26.8%Cal |
| S.Fat | 12.4*g | 13.2%Cal | S.Fat | 4.1*g | 4.8%Cal | S.Fat | 8.2*g | 10.7%Cal | S.Fat | 5.8*g | 6.5%Cal | S.Fat | 6.4*g | 8.4%Cal |

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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