

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL 2nd LUNCH LINE OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																		
Oct - 1 Cheeseburger WG Bun Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Blueberry Shortcake Veg Fruit Bar Monday MILK - Variety	Oct - 2 Ham & CheeseWG Flatbrea Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Veg Fruit Bar Tuesday MILK - Variety	Oct - 3 BBQ Pork on WG Bun Cheese, Cheddar, Cubes Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wednesda MILK - Variety	Oct - 4 Chicken/Bacon RanchWG H Potatoes, Diced Hashbrown Red & Orange Peppers Ranch Dip, FF Mandarin Oranges Veg Fruit Bar Thursday MILK - Variety	Oct - 5 Pizza WG Pepperoni/Chees Broccoli, Parmesan Corn Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday MILK - Variety																																																																																																																																																																																																																		
<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>1187</td> <td>170%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1264 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>56.9g</td> <td>19.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>150.6g</td> <td>50.8%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>40.4g</td> <td>30.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>14.7g</td> <td>11.1%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	1187	170%				Sodium.	1264 mg					Prot	56.9g	19.2%Cal				Carb	150.6g	50.8%Cal				T.Fat	40.4g	30.6%Cal				S.Fat	14.7g	11.1%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>881</td> <td>126%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1263 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>27.7g</td> <td>12.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>157.4g</td> <td>71.4%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>8.7g</td> <td>8.9%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>1.5g</td> <td>1.5%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	881	126%				Sodium.	1263 mg					Prot	27.7g	12.6%Cal				Carb	157.4g	71.4%Cal				T.Fat	8.7g	8.9%Cal				S.Fat	1.5g	1.5%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>817</td> <td>117%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1657 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>38.0g</td> <td>18.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>121.7g</td> <td>59.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>21.4g</td> <td>23.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>8.4g</td> <td>9.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	817	117%				Sodium.	1657 mg					Prot	38.0g	18.6%Cal				Carb	121.7g	59.6%Cal				T.Fat	21.4g	23.6%Cal				S.Fat	8.4g	9.2%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>835</td> <td>119%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1414 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>42.4g</td> <td>20.3%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>127.9g</td> <td>61.3%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>17.2g</td> <td>18.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>5.5*g</td> <td>5.9%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	835	119%				Sodium.	1414 mg					Prot	42.4g	20.3%Cal				Carb	127.9g	61.3%Cal				T.Fat	17.2g	18.6%Cal				S.Fat	5.5*g	5.9%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>819</td> <td>117%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1263 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>48.5g</td> <td>23.7%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>112.1g</td> <td>54.8%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>19.2*g</td> <td>21.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>8.3*g</td> <td>9.1%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	819	117%				Sodium.	1263 mg					Prot	48.5g	23.7%Cal				Carb	112.1g	54.8%Cal				T.Fat	19.2*g	21.2%Cal				S.Fat	8.3*g	9.1%Cal			
Nutrients		Target																																																																																																																																																																																																																				
Cals...	1187	170%																																																																																																																																																																																																																				
Sodium.	1264 mg																																																																																																																																																																																																																					
Prot	56.9g	19.2%Cal																																																																																																																																																																																																																				
Carb	150.6g	50.8%Cal																																																																																																																																																																																																																				
T.Fat	40.4g	30.6%Cal																																																																																																																																																																																																																				
S.Fat	14.7g	11.1%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	881	126%																																																																																																																																																																																																																				
Sodium.	1263 mg																																																																																																																																																																																																																					
Prot	27.7g	12.6%Cal																																																																																																																																																																																																																				
Carb	157.4g	71.4%Cal																																																																																																																																																																																																																				
T.Fat	8.7g	8.9%Cal																																																																																																																																																																																																																				
S.Fat	1.5g	1.5%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	817	117%																																																																																																																																																																																																																				
Sodium.	1657 mg																																																																																																																																																																																																																					
Prot	38.0g	18.6%Cal																																																																																																																																																																																																																				
Carb	121.7g	59.6%Cal																																																																																																																																																																																																																				
T.Fat	21.4g	23.6%Cal																																																																																																																																																																																																																				
S.Fat	8.4g	9.2%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	835	119%																																																																																																																																																																																																																				
Sodium.	1414 mg																																																																																																																																																																																																																					
Prot	42.4g	20.3%Cal																																																																																																																																																																																																																				
Carb	127.9g	61.3%Cal																																																																																																																																																																																																																				
T.Fat	17.2g	18.6%Cal																																																																																																																																																																																																																				
S.Fat	5.5*g	5.9%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	819	117%																																																																																																																																																																																																																				
Sodium.	1263 mg																																																																																																																																																																																																																					
Prot	48.5g	23.7%Cal																																																																																																																																																																																																																				
Carb	112.1g	54.8%Cal																																																																																																																																																																																																																				
T.Fat	19.2*g	21.2%Cal																																																																																																																																																																																																																				
S.Fat	8.3*g	9.1%Cal																																																																																																																																																																																																																				
Oct - 8 MEATBALL SUB Cheesy Potatoes Green Beans w Garlic PEACHES CUP Veg Fruit Bar Monday MILK - Variety	Oct - 9 Chicken Patty WG Bun Baked Beans CORN COBBETT CANTALOUPE Veg Fruit Bar Tuesday MILK - Variety	Oct - 10 Ranch Chicken/Cheddar Wr Munch WG Snack Mix Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Veg Fruit Bar Wednesda MILK - Variety	Oct - 11 BBQ Pork WG Bun Cheese, Cheddar, Cubes Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL Veg Fruit Bar Thursday MILK - Variety	Oct - 12 Cheeseburger WG Bun Chex Mix WG Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday MILK - Variety																																																																																																																																																																																																																		
<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>961</td> <td>137%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1595 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>47.3g</td> <td>19.7%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>121.8g</td> <td>50.7%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>32.0*g</td> <td>30.0%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>8.2*g</td> <td>7.7%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	961	137%				Sodium.	1595 mg					Prot	47.3g	19.7%Cal				Carb	121.8g	50.7%Cal				T.Fat	32.0*g	30.0%Cal				S.Fat	8.2*g	7.7%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>944</td> <td>135%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1702 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>47.9g</td> <td>20.3%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>149.6g</td> <td>63.4%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>20.9*g</td> <td>19.9%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>4.4*g</td> <td>4.2%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	944	135%				Sodium.	1702 mg					Prot	47.9g	20.3%Cal				Carb	149.6g	63.4%Cal				T.Fat	20.9*g	19.9%Cal				S.Fat	4.4*g	4.2%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>776</td> <td>111%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1651 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>37.1g</td> <td>19.1%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>117.1g</td> <td>60.4%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>18.0*g</td> <td>20.9%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>6.3*g</td> <td>7.3%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	776	111%				Sodium.	1651 mg					Prot	37.1g	19.1%Cal				Carb	117.1g	60.4%Cal				T.Fat	18.0*g	20.9%Cal				S.Fat	6.3*g	7.3%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>895</td> <td>128%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1650 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>43.7g</td> <td>19.5%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>129.2g</td> <td>57.8%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>25.0*g</td> <td>25.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>9.6*g</td> <td>9.7%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	895	128%				Sodium.	1650 mg					Prot	43.7g	19.5%Cal				Carb	129.2g	57.8%Cal				T.Fat	25.0*g	25.2%Cal				S.Fat	9.6*g	9.7%Cal				<table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td>836</td> <td>119%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td>1338 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td>37.9g</td> <td>18.2%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td>108.1g</td> <td>51.7%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td>28.6*g</td> <td>30.8%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td>11.2*g</td> <td>12.1%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	836	119%				Sodium.	1338 mg					Prot	37.9g	18.2%Cal				Carb	108.1g	51.7%Cal				T.Fat	28.6*g	30.8%Cal				S.Fat	11.2*g	12.1%Cal			
Nutrients		Target																																																																																																																																																																																																																				
Cals...	961	137%																																																																																																																																																																																																																				
Sodium.	1595 mg																																																																																																																																																																																																																					
Prot	47.3g	19.7%Cal																																																																																																																																																																																																																				
Carb	121.8g	50.7%Cal																																																																																																																																																																																																																				
T.Fat	32.0*g	30.0%Cal																																																																																																																																																																																																																				
S.Fat	8.2*g	7.7%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	944	135%																																																																																																																																																																																																																				
Sodium.	1702 mg																																																																																																																																																																																																																					
Prot	47.9g	20.3%Cal																																																																																																																																																																																																																				
Carb	149.6g	63.4%Cal																																																																																																																																																																																																																				
T.Fat	20.9*g	19.9%Cal																																																																																																																																																																																																																				
S.Fat	4.4*g	4.2%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	776	111%																																																																																																																																																																																																																				
Sodium.	1651 mg																																																																																																																																																																																																																					
Prot	37.1g	19.1%Cal																																																																																																																																																																																																																				
Carb	117.1g	60.4%Cal																																																																																																																																																																																																																				
T.Fat	18.0*g	20.9%Cal																																																																																																																																																																																																																				
S.Fat	6.3*g	7.3%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	895	128%																																																																																																																																																																																																																				
Sodium.	1650 mg																																																																																																																																																																																																																					
Prot	43.7g	19.5%Cal																																																																																																																																																																																																																				
Carb	129.2g	57.8%Cal																																																																																																																																																																																																																				
T.Fat	25.0*g	25.2%Cal																																																																																																																																																																																																																				
S.Fat	9.6*g	9.7%Cal																																																																																																																																																																																																																				
Nutrients		Target																																																																																																																																																																																																																				
Cals...	836	119%																																																																																																																																																																																																																				
Sodium.	1338 mg																																																																																																																																																																																																																					
Prot	37.9g	18.2%Cal																																																																																																																																																																																																																				
Carb	108.1g	51.7%Cal																																																																																																																																																																																																																				
T.Fat	28.6*g	30.8%Cal																																																																																																																																																																																																																				
S.Fat	11.2*g	12.1%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 2nd LUNCH LINE OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Oct - 15 Steak/CheeseWG Hoagie Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Salad Tossed Romaine w/R KIWI Veg Fruit Bar Monday MILK - Variety	Oct - 16 Taco Tostitos To Go Lettuce & Tomato Refried Beans Broccoli, Parmesan Grapes, Fresh Veg Fruit Bar Tuesday MILK - Variety	Oct - 17 TURKEY SUB Lettuce & Tomato Potatoes, Red Roasted Carrots Honey Coins FRUIT COCKTAIL Jello Veg Fruit Bar Wednesda MILK - Variety	Oct - 18 Pizza WG Peppero/Che Flat Caesar Salad w Ranch Dres Corn Pears, Sliced Veg Fruit Bar Thursday SUNFLOWER SEEDS MILK - Variety	Oct - 19 Chili Con Carne w Beans Toasted Cheese Sandwich Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday MILK - Variety																																																																						
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>843 120%</td> </tr> <tr> <td>Sodium.</td> <td>1373 mg</td> </tr> <tr> <td>Prot</td> <td>37.2g 17.6%Cal</td> </tr> <tr> <td>Carb</td> <td>115.2g 54.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>27.7*g 29.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td>10.9*g 11.6%Cal</td> </tr> </table>	Nutrients	Target	Cals...	843 120%	Sodium.	1373 mg	Prot	37.2g 17.6%Cal	Carb	115.2g 54.7%Cal	T.Fat	27.7*g 29.6%Cal	S.Fat	10.9*g 11.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>607 100%</td> </tr> <tr> <td>Sodium.</td> <td>1109 mg</td> </tr> <tr> <td>Prot</td> <td>42.2g 27.8%Cal</td> </tr> <tr> <td>Carb</td> <td>75.0g 49.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td>15.0*g 22.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.2*g 9.1%Cal</td> </tr> </table>	Nutrients	Target	Cals...	607 100%	Sodium.	1109 mg	Prot	42.2g 27.8%Cal	Carb	75.0g 49.4%Cal	T.Fat	15.0*g 22.3%Cal	S.Fat	6.2*g 9.1%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>832 119%</td> </tr> <tr> <td>Sodium.</td> <td>1609 mg</td> </tr> <tr> <td>Prot</td> <td>35.0g 16.8%Cal</td> </tr> <tr> <td>Carb</td> <td>136.6g 65.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>16.7*g 18.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.7*g 7.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	832 119%	Sodium.	1609 mg	Prot	35.0g 16.8%Cal	Carb	136.6g 65.7%Cal	T.Fat	16.7*g 18.1%Cal	S.Fat	6.7*g 7.3%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>948 135%</td> </tr> <tr> <td>Sodium.</td> <td>1695 mg</td> </tr> <tr> <td>Prot</td> <td>45.0g 19.0%Cal</td> </tr> <tr> <td>Carb</td> <td>118.5g 50.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td>33.4*g 31.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td>9.6*g 9.1%Cal</td> </tr> </table>	Nutrients	Target	Cals...	948 135%	Sodium.	1695 mg	Prot	45.0g 19.0%Cal	Carb	118.5g 50.0%Cal	T.Fat	33.4*g 31.7%Cal	S.Fat	9.6*g 9.1%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>730 104%</td> </tr> <tr> <td>Sodium.</td> <td>1695 mg</td> </tr> <tr> <td>Prot</td> <td>39.3g 21.5%Cal</td> </tr> <tr> <td>Carb</td> <td>82.6g 45.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>27.6*g 34.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>13.3*g 16.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	730 104%	Sodium.	1695 mg	Prot	39.3g 21.5%Cal	Carb	82.6g 45.2%Cal	T.Fat	27.6*g 34.0%Cal	S.Fat	13.3*g 16.4%Cal
Nutrients	Target																																																																									
Cals...	843 120%																																																																									
Sodium.	1373 mg																																																																									
Prot	37.2g 17.6%Cal																																																																									
Carb	115.2g 54.7%Cal																																																																									
T.Fat	27.7*g 29.6%Cal																																																																									
S.Fat	10.9*g 11.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	607 100%																																																																									
Sodium.	1109 mg																																																																									
Prot	42.2g 27.8%Cal																																																																									
Carb	75.0g 49.4%Cal																																																																									
T.Fat	15.0*g 22.3%Cal																																																																									
S.Fat	6.2*g 9.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	832 119%																																																																									
Sodium.	1609 mg																																																																									
Prot	35.0g 16.8%Cal																																																																									
Carb	136.6g 65.7%Cal																																																																									
T.Fat	16.7*g 18.1%Cal																																																																									
S.Fat	6.7*g 7.3%Cal																																																																									
Nutrients	Target																																																																									
Cals...	948 135%																																																																									
Sodium.	1695 mg																																																																									
Prot	45.0g 19.0%Cal																																																																									
Carb	118.5g 50.0%Cal																																																																									
T.Fat	33.4*g 31.7%Cal																																																																									
S.Fat	9.6*g 9.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	730 104%																																																																									
Sodium.	1695 mg																																																																									
Prot	39.3g 21.5%Cal																																																																									
Carb	82.6g 45.2%Cal																																																																									
T.Fat	27.6*g 34.0%Cal																																																																									
S.Fat	13.3*g 16.4%Cal																																																																									
Oct - 22 Cheeseburger WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Baked Beans PEACHES CUP Veg Fruit Bar Monday MILK - Variety	Oct - 23 BEEF VEGETABLE SOUP Hot Dog WG bun with chili BROCCOLI,raw Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety	Oct - 24 NO SCHOOL	Oct - 25 Pizza, White CA WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Ice Cream Veg Fruit Bar Wednesda MILK - Variety	Oct - 26 Ham & CheeseWG Hoagie Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams Mandarin Oranges Veg Fruit Bar Friday MILK - Variety																																																																						
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>918 131%</td> </tr> <tr> <td>Sodium.</td> <td>1503 mg</td> </tr> <tr> <td>Prot</td> <td>42.4g 18.4%Cal</td> </tr> <tr> <td>Carb</td> <td>120.9g 52.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td>28.6*g 28.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>11.8*g 11.6%Cal</td> </tr> </table>	Nutrients	Target	Cals...	918 131%	Sodium.	1503 mg	Prot	42.4g 18.4%Cal	Carb	120.9g 52.6%Cal	T.Fat	28.6*g 28.0%Cal	S.Fat	11.8*g 11.6%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>715 102%</td> </tr> <tr> <td>Sodium.</td> <td>1767 mg</td> </tr> <tr> <td>Prot</td> <td>30.6g 17.1%Cal</td> </tr> <tr> <td>Carb</td> <td>94.7g 52.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>25.4*g 32.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>10.1*g 12.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	715 102%	Sodium.	1767 mg	Prot	30.6g 17.1%Cal	Carb	94.7g 52.9%Cal	T.Fat	25.4*g 32.0%Cal	S.Fat	10.1*g 12.7%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>0 0%</td> </tr> <tr> <td>Sodium.</td> <td>0 mg</td> </tr> <tr> <td>Prot</td> <td>0.0g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td>0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td>0.0*g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td>0.0*g 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: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>1151 164%</td> </tr> <tr> <td>Sodium.</td> <td>1464 mg</td> </tr> <tr> <td>Prot</td> <td>45.7g 15.9%Cal</td> </tr> <tr> <td>Carb</td> <td>145.8g 50.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>43.4*g 33.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>10.4*g 8.1%Cal</td> </tr> </table>	Nutrients	Target	Cals...	1151 164%	Sodium.	1464 mg	Prot	45.7g 15.9%Cal	Carb	145.8g 50.7%Cal	T.Fat	43.4*g 33.9%Cal	S.Fat	10.4*g 8.1%Cal	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>664 100%</td> </tr> <tr> <td>Sodium.</td> <td>1544 mg</td> </tr> <tr> <td>Prot</td> <td>35.9g 21.6%Cal</td> </tr> <tr> <td>Carb</td> <td>101.2g 60.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>13.0*g 17.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.2*g 5.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	664 100%	Sodium.	1544 mg	Prot	35.9g 21.6%Cal	Carb	101.2g 60.9%Cal	T.Fat	13.0*g 17.6%Cal	S.Fat	4.2*g 5.7%Cal
Nutrients	Target																																																																									
Cals...	918 131%																																																																									
Sodium.	1503 mg																																																																									
Prot	42.4g 18.4%Cal																																																																									
Carb	120.9g 52.6%Cal																																																																									
T.Fat	28.6*g 28.0%Cal																																																																									
S.Fat	11.8*g 11.6%Cal																																																																									
Nutrients	Target																																																																									
Cals...	715 102%																																																																									
Sodium.	1767 mg																																																																									
Prot	30.6g 17.1%Cal																																																																									
Carb	94.7g 52.9%Cal																																																																									
T.Fat	25.4*g 32.0%Cal																																																																									
S.Fat	10.1*g 12.7%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...	1151 164%																																																																									
Sodium.	1464 mg																																																																									
Prot	45.7g 15.9%Cal																																																																									
Carb	145.8g 50.7%Cal																																																																									
T.Fat	43.4*g 33.9%Cal																																																																									
S.Fat	10.4*g 8.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	664 100%																																																																									
Sodium.	1544 mg																																																																									
Prot	35.9g 21.6%Cal																																																																									
Carb	101.2g 60.9%Cal																																																																									
T.Fat	13.0*g 17.6%Cal																																																																									
S.Fat	4.2*g 5.7%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 2nd LUNCH LINE OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																														
Oct - 29 Chicken Patty WG Bun Sun Chips WG Baked Beans Carrots Honey Coins Pears, Sliced Veg Fruit Bar Monday MILK - Variety	Oct - 30 Cheeseburger WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Broccoli, Parmesan Mandarin Oranges Veg Fruit Bar Tuesday MILK - Variety	Oct - 31 Pizza WG Pepperoni/Chees Corn Cucumber Slices Ranch Dip, FF Strawberries Halloween Cake w Icing Veg Fruit Bar Wed Middle MILK - Variety																																																																																																																																
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1081</td> <td></td> <td style="text-align: right;">154%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1732 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.6g</td> <td></td> <td style="text-align: right;">16.1%Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">147.5g</td> <td></td> <td style="text-align: right;">54.6%Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.2*g</td> <td></td> <td style="text-align: right;">18.4%Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.2*g</td> <td></td> <td style="text-align: right;">5.1%Cal</td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	1081		154%			Sodium.	1732 mg					Prot	43.6g		16.1%Cal			Carb	147.5g		54.6%Cal			T.Fat	22.2*g		18.4%Cal			S.Fat	6.2*g		5.1%Cal			<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">820</td> <td></td> <td style="text-align: right;">117%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1178 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">42.3g</td> <td></td> <td style="text-align: right;">20.6%Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">97.6g</td> <td></td> <td style="text-align: right;">47.6%Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.6*g</td> <td></td> <td style="text-align: right;">32.4%Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">12.2*g</td> <td></td> <td style="text-align: right;">13.4%Cal</td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	820		117%			Sodium.	1178 mg					Prot	42.3g		20.6%Cal			Carb	97.6g		47.6%Cal			T.Fat	29.6*g		32.4%Cal			S.Fat	12.2*g		13.4%Cal			<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">812</td> <td></td> <td style="text-align: right;">116%</td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1278 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">41.2g</td> <td></td> <td style="text-align: right;">20.3%Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">119.7g</td> <td></td> <td style="text-align: right;">59.0%Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.5*g</td> <td></td> <td style="text-align: right;">19.4%Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.1*g</td> <td></td> <td style="text-align: right;">7.9%Cal</td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	812		116%			Sodium.	1278 mg					Prot	41.2g		20.3%Cal			Carb	119.7g		59.0%Cal			T.Fat	17.5*g		19.4%Cal			S.Fat	7.1*g		7.9%Cal				
Nutrients		Target																																																																																																																																
Cals...	1081		154%																																																																																																																															
Sodium.	1732 mg																																																																																																																																	
Prot	43.6g		16.1%Cal																																																																																																																															
Carb	147.5g		54.6%Cal																																																																																																																															
T.Fat	22.2*g		18.4%Cal																																																																																																																															
S.Fat	6.2*g		5.1%Cal																																																																																																																															
Nutrients		Target																																																																																																																																
Cals...	820		117%																																																																																																																															
Sodium.	1178 mg																																																																																																																																	
Prot	42.3g		20.6%Cal																																																																																																																															
Carb	97.6g		47.6%Cal																																																																																																																															
T.Fat	29.6*g		32.4%Cal																																																																																																																															
S.Fat	12.2*g		13.4%Cal																																																																																																																															
Nutrients		Target																																																																																																																																
Cals...	812		116%																																																																																																																															
Sodium.	1278 mg																																																																																																																																	
Prot	41.2g		20.3%Cal																																																																																																																															
Carb	119.7g		59.0%Cal																																																																																																																															
T.Fat	17.5*g		19.4%Cal																																																																																																																															
S.Fat	7.1*g		7.9%Cal																																																																																																																															

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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.