

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE OCTOBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Oct - 1 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Blueberry Shortcake Hot Roll WG Veg Fruit Bar Monday MILK - Variety | Oct - 2 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Veg Fruit Bar Tuesday MILK - Variety | Oct - 3 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wednesda MILK - Variety | Oct - 4 BREAKFAST FOR LUNCH Scrambled Eggs Breakfast Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety | Oct - 5 Beef a Roni WG Broccoli, Parmesan Corn Orange Slices Cookie Choc Chip WW Hot Roll WG Veg Fruit Bar Friday 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%; text-align: center;">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;">1065</td> <td style="text-align: center;">152%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">963 mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">57.9g</td> <td style="text-align: center;">21.8%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">153.5g</td> <td style="text-align: center;">57.6%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">25.8g</td> <td style="text-align: center;">21.8%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.2g</td> <td style="text-align: center;">5.2%</td> <td>Cal</td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 1065 | 152% | | | | Sodium. | 963 mg | | | | | Prot | 57.9g | 21.8% | Cal | | | Carb | 153.5g | 57.6% | Cal | | | T.Fat | 25.8g | 21.8% | Cal | | | S.Fat | 6.2g | 5.2% | Cal | | | <table style="width: 100%; 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border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">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;">986*</td> <td style="text-align: center;">141%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1660* mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.7*g</td> <td style="text-align: center;">13.3%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">147.1g</td> <td style="text-align: center;">59.6%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">43.2g</td> <td style="text-align: center;">39.4%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">19.5g</td> <td style="text-align: center;">17.8%</td> <td>Cal</td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 986* | 141% | | | | Sodium. | 1660* mg | | | | | Prot | 32.7*g | 13.3% | Cal | | | Carb | 147.1g | 59.6% | Cal | | | T.Fat | 43.2g | 39.4% | Cal | | | S.Fat | 19.5g | 17.8% | Cal | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">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;">891*</td> <td style="text-align: center;">127%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1185* mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">48.5*g</td> <td style="text-align: center;">21.8%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">129.2g</td> <td style="text-align: center;">58.1%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.5g</td> <td style="text-align: center;">23.7%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.2g</td> <td style="text-align: center;">8.3%</td> <td>Cal</td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 891* | 127% | | | | Sodium. | 1185* mg | | | | | Prot | 48.5*g | 21.8% | Cal | | | Carb | 129.2g | 58.1% | Cal | | | T.Fat | 23.5g | 23.7% | Cal | | | S.Fat | 8.2g | 8.3% | Cal | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1065 | 152% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 963 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 57.9g | 21.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 153.5g | 57.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 25.8g | 21.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 6.2g | 5.2% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 1185 | 169% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1477 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 46.2g | 15.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 169.7g | 57.3% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 27.4g | 20.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 7.4g | 5.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 756 | 108% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1692 mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 39.4g | 20.9% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 90.0g | 47.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 27.0g | 32.1% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 13.1g | 15.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 986* | 141% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1660* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 32.7*g | 13.3% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 147.1g | 59.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 43.2g | 39.4% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 19.5g | 17.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 891* | 127% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1185* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 48.5*g | 21.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 129.2g | 58.1% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 23.5g | 23.7% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 8.2g | 8.3% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oct - 8 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic PEACHES CUP Hot Roll WG Veg Fruit Bar Monday MILK - Variety | Oct - 9 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Beans CORN COBBETT CANTALOUPE Veg Fruit Bar Tuesday MILK - Variety | Oct - 10 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety | Oct - 11 Hot Dog WG bun with chili Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL Veg Fruit Bar Thursday MILK - Variety | Oct - 12 Pepperoni/Cheese WG Roll Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday 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%; text-align: center;">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;">818*</td> <td style="text-align: center;">117%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">966* mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">36.3*g</td> <td style="text-align: center;">17.7%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">100.6g</td> <td style="text-align: center;">49.2%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.3g</td> <td style="text-align: center;">33.3%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.4g</td> <td style="text-align: center;">11.5%</td> <td>Cal</td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 818* | 117% | | | | Sodium. | 966* mg | | | | | Prot | 36.3*g | 17.7% | Cal | | | Carb | 100.6g | 49.2% | Cal | | | T.Fat | 30.3g | 33.3% | Cal | | | S.Fat | 10.4g | 11.5% | Cal | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">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;">1013*</td> <td style="text-align: center;">145%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1676* mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">48.3*g</td> <td style="text-align: center;">19.1%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">143.2g</td> <td style="text-align: center;">56.5%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.4g</td> <td style="text-align: center;">26.1%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">12.2g</td> <td style="text-align: center;">10.8%</td> <td>Cal</td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 1013* | 145% | | | | Sodium. | 1676* mg | | | | | Prot | 48.3*g | 19.1% | Cal | | | Carb | 143.2g | 56.5% | Cal | | | T.Fat | 29.4g | 26.1% | Cal | | | S.Fat | 12.2g | 10.8% | Cal | | | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: center;">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;">917*</td> <td style="text-align: center;">131%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1356* mg</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">44.8*g</td> <td style="text-align: center;">19.6%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">132.3g</td> <td style="text-align: center;">57.7%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.1g</td> <td style="text-align: center;">23.7%</td> <td>Cal</td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.6g</td> <td style="text-align: center;">8.5%</td> <td>Cal</td> <td></td> <td></td> </tr> </table> | Nutrients | | Target | | | | Cals... | 917* | 131% | | | | Sodium. | 1356* mg | | | | | Prot | 44.8*g | 19.6% | Cal | | | Carb | 132.3g | 57.7% | Cal | | | T.Fat | 24.1g | 23.7% | Cal | | | S.Fat | 8.6g | 8.5% | Cal | | | <table style="width: 100%; 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| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 818* | 117% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 966* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 36.3*g | 17.7% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| T.Fat | 30.3g | 33.3% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 10.4g | 11.5% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Prot | 48.3*g | 19.1% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| T.Fat | 29.4g | 26.1% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 12.2g | 10.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Prot | 44.8*g | 19.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| T.Fat | 24.1g | 23.7% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 8.6g | 8.5% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nutrients | | Target | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cals... | 781* | 112% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium. | 1719* mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prot | 26.9g | 13.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| T.Fat | 29.5g | 34.0% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 10.9g | 12.6% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Cals... | 784* | 112% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Prot | 39.0g | 19.9% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb | 95.5g | 48.8% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Fat | 30.4g | 34.9% | Cal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S.Fat | 13.3g | 15.3% | 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 OCTOBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Oct - 15 Macaroni and Cheese Chicken Nuggets Salad Tossed Romaine w/R Peas KIWI Veg Fruit Bar Monday MILK - Variety | Oct - 16 Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Grapes, Fresh Veg Fruit Bar Tuesday MILK - Variety | Oct - 17 Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins FRUIT COCKTAIL Hot Roll WG Jello Veg Fruit Bar Wednesda MILK - Variety | Oct - 18 CHICKEN ALFREDO WITH A Caesar Salad w Ranch Dres Green Beans w Garlic Pears, Sliced Texas Toast Veg Fruit Bar Thursday MILK - Variety | Oct - 19 Chili Con Carne w Beans Corndog WG Mustard, individual Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday MILK - Variety |
| Nutrients Target Cals... 863* 123% Sodium. 1649* mg Prot 46.3*g 21.5%Cal Carb 100.9*g 46.8%Cal T.Fat 30.2*g 31.5%Cal S.Fat 12.4*g 13.0%Cal | Nutrients Target Cals... 803* 115% Sodium. 1518* mg Prot 46.2*g 23.0%Cal Carb 113.5*g 56.5%Cal T.Fat 17.5*g 19.6%Cal S.Fat 4.2*g 4.7%Cal | Nutrients Target Cals... 782* 112% Sodium. 1266* mg Prot 29.8*g 15.2%Cal Carb 112.5*g 57.5%Cal T.Fat 24.6*g 28.3%Cal S.Fat 9.7*g 11.2%Cal | Nutrients Target Cals... 858* 123% Sodium. 1501* mg Prot 49.0*g 22.8%Cal Carb 132.3*g 61.7%Cal T.Fat 16.2*g 17.0%Cal S.Fat 5.7*g 6.0%Cal | Nutrients Target Cals... 664* 100% Sodium. 1467* mg Prot 33.4*g 20.1%Cal Carb 89.8*g 54.1%Cal T.Fat 19.4*g 26.2%Cal S.Fat 6.2*g 8.4%Cal |
| Oct - 22 Chicken Patty 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 Toasted WG Cheese Sandwi BROCCOLI,raw Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety | Oct - 24 NO SCHOOL | Oct - 25 Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Hot Roll WG Ice Cream Veg Fruit Bar Wednesda MILK - Variety | Oct - 26 Taco Tostitos To Go Lettuce & Tomato SPANISH RICE Corn Mandarin Oranges Veg Fruit Bar Friday MILK - Variety |
| Nutrients Target Cals... 935* 134% Sodium. 1742* mg Prot 44.2*g 18.9%Cal Carb 142.6*g 61.0%Cal T.Fat 21.7*g 20.9%Cal S.Fat 5.0*g 4.9%Cal | Nutrients Target Cals... 684* 100% Sodium. 1843* mg Prot 32.6*g 19.1%Cal Carb 94.8*g 55.5%Cal T.Fat 21.0*g 27.7%Cal S.Fat 10.7*g 14.0%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... 1234* 176% Sodium. 1539* mg Prot 48.8*g 15.8%Cal Carb 165.2*g 53.6%Cal T.Fat 44.8*g 32.7%Cal S.Fat 10.4*g 7.6%Cal | Nutrients Target Cals... 587* 98% Sodium. 847* mg Prot 34.9*g 23.8%Cal Carb 82.9*g 56.4%Cal T.Fat 13.8*g 21.2%Cal S.Fat 5.6*g 8.5%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.

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CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE OCTOBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|----------|--------|
| Oct - 29 Ham & CheeseWG Flatbrea Sun Chips WG Baked Beans Carrots Honey Coins Pears, Sliced Veg Fruit Bar Monday MILK - Variety | Oct - 30 Asian Cuisine Menu Chicken Teriyaki Chicken Tangerine Fried Rice Broccoli, Parmesan Egg Roll, veg Mandarin Oranges Veg Fruit Bar Tuesday Fortune Cookie MILK - Variety | Oct - 31 CREAMED TURKEY Biscuit Pillsbury Mashed Potatoes Green Beans w Garlic Strawberries Halloween Cake w Icing Veg Fruit Bar Wed Middle MILK - Variety | | |
| Nutrients Target Cals... 806* 115% Sodium. 1269* mg Prot 22.8*g 11.3%Cal Carb 125.5*g 62.3%Cal T.Fat 9.7*g 10.8%Cal S.Fat 3.4*g 3.8%Cal | Nutrients Target Cals... 1055* 151% Sodium. 1614* mg Prot 68.7*g 26.1%Cal Carb 136.4*g 51.7%Cal T.Fat 27.9*g 23.8%Cal S.Fat 9.5*g 8.1%Cal | Nutrients Target Cals... 815* 116% Sodium. 1502* mg Prot 31.2*g 15.3%Cal Carb 118.1*g 57.9%Cal T.Fat 23.4*g 25.8%Cal S.Fat 11.3*g 12.5%Cal | | |

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