

CABELL COUNTY SCHOOLS

ELEMENTARY PK LUNCH MENU MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
	Feb - 26 Macaroni and Cheese Chicken Tenders Baked Beans Strawberries & Bananas Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Feb - 27 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wednesda MILK - Variety	Feb - 28 TURKEY AND DRESSING S Mashed Potatoes Carrots Honey Coins PEACHES CUP Hot Roll WG Veg Fruit Bar Thursday MILK - Variety	Mar - 1 NO SCHOOL																																																																																																									
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">963</td> <td style="text-align: right;">148%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1761 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">52.3g</td> <td style="text-align: right;">21.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">143.4g</td> <td style="text-align: right;">59.6%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">21.1g</td> <td style="text-align: right;">19.7%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">9.8g</td> <td style="text-align: right;">9.1%Cal</td> </tr> </table>	Nutrients	Target		Cals...	963	148%	Sodium.	1761 mg		Prot	52.3g	21.7%Cal	Carb	143.4g	59.6%Cal	T.Fat	21.1g	19.7%Cal	S.Fat	9.8g	9.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">781</td> <td style="text-align: right;">120%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1713 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">40.4g</td> <td style="text-align: right;">20.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">92.0g</td> <td style="text-align: right;">47.1%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">28.5g</td> <td style="text-align: right;">32.8%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">13.4g</td> <td style="text-align: right;">15.4%Cal</td> </tr> </table>	Nutrients	Target		Cals...	781	120%	Sodium.	1713 mg		Prot	40.4g	20.7%Cal	Carb	92.0g	47.1%Cal	T.Fat	28.5g	32.8%Cal	S.Fat	13.4g	15.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">862</td> <td style="text-align: right;">133%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1235 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">38.2g</td> <td style="text-align: right;">17.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">126.7g</td> <td style="text-align: right;">58.8%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">23.3g</td> <td style="text-align: right;">24.3%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">6.5g</td> <td style="text-align: right;">6.8%Cal</td> </tr> </table>	Nutrients	Target		Cals...	862	133%	Sodium.	1235 mg		Prot	38.2g	17.7%Cal	Carb	126.7g	58.8%Cal	T.Fat	23.3g	24.3%Cal	S.Fat	6.5g	6.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	Nutrients	Target		Cals...	0	0%	Sodium.	0 mg		Prot	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	T.Fat	0.0g	0.0%Cal	S.Fat	0.0g	0.0%Cal																					
Nutrients	Target																																																																																																												
Cals...	963	148%																																																																																																											
Sodium.	1761 mg																																																																																																												
Prot	52.3g	21.7%Cal																																																																																																											
Carb	143.4g	59.6%Cal																																																																																																											
T.Fat	21.1g	19.7%Cal																																																																																																											
S.Fat	9.8g	9.1%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	781	120%																																																																																																											
Sodium.	1713 mg																																																																																																												
Prot	40.4g	20.7%Cal																																																																																																											
Carb	92.0g	47.1%Cal																																																																																																											
T.Fat	28.5g	32.8%Cal																																																																																																											
S.Fat	13.4g	15.4%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	862	133%																																																																																																											
Sodium.	1235 mg																																																																																																												
Prot	38.2g	17.7%Cal																																																																																																											
Carb	126.7g	58.8%Cal																																																																																																											
T.Fat	23.3g	24.3%Cal																																																																																																											
S.Fat	6.5g	6.8%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	0	0%																																																																																																											
Sodium.	0 mg																																																																																																												
Prot	0.0g	0.0%Cal																																																																																																											
Carb	0.0g	0.0%Cal																																																																																																											
T.Fat	0.0g	0.0%Cal																																																																																																											
S.Fat	0.0g	0.0%Cal																																																																																																											
Mar - 4 Chicken/Cheese Quesadilla Rice, Spanish WG Refried Beans Corn FRESH APPLE WEDGES Veg Fruit Bar Monday MILK - Variety	Mar - 5 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas Grapes, Fresh Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Mar - 6 Broccoli & Cheese Soup Ham & Cheese WG Croissa Cucumber Slices Ranch Dip, FF Orange Slices Veg Fruit Bar Wednesda MILK - Variety	Mar - 7 Pepperoni/Cheese WG Roll Broccoli, Parmesan Carrots Honey Coins FRUIT COCKTAIL Veg Fruit Bar Friday Yogurt MILK - Variety	Mar - 8 NO SCHOOL																																																																																																									
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">846</td> <td style="text-align: right;">130%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1332 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">43.2g</td> <td style="text-align: right;">20.4%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">142.4g</td> <td style="text-align: right;">67.4%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">11.5*g</td> <td style="text-align: right;">12.2%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">2.3*g</td> <td style="text-align: right;">2.5%Cal</td> </tr> </table>	Nutrients	Target		Cals...	846	130%	Sodium.	1332 mg		Prot	43.2g	20.4%Cal	Carb	142.4g	67.4%Cal	T.Fat	11.5*g	12.2%Cal	S.Fat	2.3*g	2.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">859</td> <td style="text-align: right;">132%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1429 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">48.9g</td> <td style="text-align: right;">22.7%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">114.3g</td> <td style="text-align: right;">53.2%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">23.4*g</td> <td style="text-align: right;">24.5%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">7.3*g</td> <td style="text-align: right;">7.6%Cal</td> </tr> </table>	Nutrients	Target		Cals...	859	132%	Sodium.	1429 mg		Prot	48.9g	22.7%Cal	Carb	114.3g	53.2%Cal	T.Fat	23.4*g	24.5%Cal	S.Fat	7.3*g	7.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">780</td> <td style="text-align: right;">120%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">2001 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">36.2g</td> <td style="text-align: right;">18.6%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">81.7g</td> <td style="text-align: right;">41.9%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">32.2*g</td> <td style="text-align: right;">37.2%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">8.3*g</td> <td style="text-align: right;">9.6%Cal</td> </tr> </table>	Nutrients	Target		Cals...	780	120%	Sodium.	2001 mg		Prot	36.2g	18.6%Cal	Carb	81.7g	41.9%Cal	T.Fat	32.2*g	37.2%Cal	S.Fat	8.3*g	9.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">987</td> <td style="text-align: right;">152%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1837 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">51.4g</td> <td style="text-align: right;">20.8%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">120.4g</td> <td style="text-align: right;">48.8%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">36.7*g</td> <td style="text-align: right;">33.4%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">16.6*g</td> <td style="text-align: right;">15.1%Cal</td> </tr> </table>	Nutrients	Target		Cals...	987	152%	Sodium.	1837 mg		Prot	51.4g	20.8%Cal	Carb	120.4g	48.8%Cal	T.Fat	36.7*g	33.4%Cal	S.Fat	16.6*g	15.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	Nutrients	Target		Cals...	0	0%	Sodium.	0 mg		Prot	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	T.Fat	0.0*g	0.0%Cal	S.Fat	0.0*g	0.0%Cal
Nutrients	Target																																																																																																												
Cals...	846	130%																																																																																																											
Sodium.	1332 mg																																																																																																												
Prot	43.2g	20.4%Cal																																																																																																											
Carb	142.4g	67.4%Cal																																																																																																											
T.Fat	11.5*g	12.2%Cal																																																																																																											
S.Fat	2.3*g	2.5%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	859	132%																																																																																																											
Sodium.	1429 mg																																																																																																												
Prot	48.9g	22.7%Cal																																																																																																											
Carb	114.3g	53.2%Cal																																																																																																											
T.Fat	23.4*g	24.5%Cal																																																																																																											
S.Fat	7.3*g	7.6%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	780	120%																																																																																																											
Sodium.	2001 mg																																																																																																												
Prot	36.2g	18.6%Cal																																																																																																											
Carb	81.7g	41.9%Cal																																																																																																											
T.Fat	32.2*g	37.2%Cal																																																																																																											
S.Fat	8.3*g	9.6%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	987	152%																																																																																																											
Sodium.	1837 mg																																																																																																												
Prot	51.4g	20.8%Cal																																																																																																											
Carb	120.4g	48.8%Cal																																																																																																											
T.Fat	36.7*g	33.4%Cal																																																																																																											
S.Fat	16.6*g	15.1%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																																																																																																											

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

ELEMENTARY PK LUNCH MENU MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Mar - 11 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Monday MILK - Variety	Mar - 12 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn Mandarin Oranges Veg Fruit Bar Tuesday MILK - Variety	Mar - 13 Hot Dog WG bun with chili Mustard, individual Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Wednesda MILK - Variety	Mar - 14 Beef a Roni WG Caesar Salad w Ranch Dres Peas Peaches Hot Roll WG Sherbet, Luigi's , Orange Veg Fruit Bar Thursday MILK - Variety	Mar - 15 NO SCHOOL																																																																																																																																												
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">783</td> <td style="text-align: right;">121%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">826 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">37.8g</td> <td style="text-align: right;">19.3%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">119.1g</td> <td style="text-align: right;">60.8%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.5*g</td> <td style="text-align: right;">20.1%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.0*g</td> <td style="text-align: right;">5.7%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	783	121%		Sodium.	826 mg			Prot	37.8g	19.3%Cal		Carb	119.1g	60.8%Cal		T.Fat	17.5*g	20.1%Cal		S.Fat	5.0*g	5.7%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1038</td> <td style="text-align: right;">160%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1448 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">45.8g</td> <td style="text-align: right;">17.7%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">144.6g</td> <td style="text-align: right;">55.7%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.1*g</td> <td style="text-align: right;">25.2%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.7*g</td> <td style="text-align: right;">6.7%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	1038	160%		Sodium.	1448 mg			Prot	45.8g	17.7%Cal		Carb	144.6g	55.7%Cal		T.Fat	29.1*g	25.2%Cal		S.Fat	7.7*g	6.7%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">760</td> <td style="text-align: right;">117%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1783 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">27.7g</td> <td style="text-align: right;">14.6%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">95.7g</td> <td style="text-align: right;">50.4%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">31.3*g</td> <td style="text-align: right;">37.1%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">11.2*g</td> <td style="text-align: right;">13.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	760	117%		Sodium.	1783 mg			Prot	27.7g	14.6%Cal		Carb	95.7g	50.4%Cal		T.Fat	31.3*g	37.1%Cal		S.Fat	11.2*g	13.3%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">986</td> <td style="text-align: right;">152%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1393 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">47.0g</td> <td style="text-align: right;">19.1%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">152.1g</td> <td style="text-align: right;">61.7%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.2*g</td> <td style="text-align: right;">21.2%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.4*g</td> <td style="text-align: right;">7.7%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	986	152%		Sodium.	1393 mg			Prot	47.0g	19.1%Cal		Carb	152.1g	61.7%Cal		T.Fat	23.2*g	21.2%Cal		S.Fat	8.4*g	7.7%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></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	
Nutrients	Target																																																																																																																																															
Cals...	783	121%																																																																																																																																														
Sodium.	826 mg																																																																																																																																															
Prot	37.8g	19.3%Cal																																																																																																																																														
Carb	119.1g	60.8%Cal																																																																																																																																														
T.Fat	17.5*g	20.1%Cal																																																																																																																																														
S.Fat	5.0*g	5.7%Cal																																																																																																																																														
Nutrients	Target																																																																																																																																															
Cals...	1038	160%																																																																																																																																														
Sodium.	1448 mg																																																																																																																																															
Prot	45.8g	17.7%Cal																																																																																																																																														
Carb	144.6g	55.7%Cal																																																																																																																																														
T.Fat	29.1*g	25.2%Cal																																																																																																																																														
S.Fat	7.7*g	6.7%Cal																																																																																																																																														
Nutrients	Target																																																																																																																																															
Cals...	760	117%																																																																																																																																														
Sodium.	1783 mg																																																																																																																																															
Prot	27.7g	14.6%Cal																																																																																																																																														
Carb	95.7g	50.4%Cal																																																																																																																																														
T.Fat	31.3*g	37.1%Cal																																																																																																																																														
S.Fat	11.2*g	13.3%Cal																																																																																																																																														
Nutrients	Target																																																																																																																																															
Cals...	986	152%																																																																																																																																														
Sodium.	1393 mg																																																																																																																																															
Prot	47.0g	19.1%Cal																																																																																																																																														
Carb	152.1g	61.7%Cal																																																																																																																																														
T.Fat	23.2*g	21.2%Cal																																																																																																																																														
S.Fat	8.4*g	7.7%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																																																																																																																																														
Mar - 18 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Grapes, Fresh Veg Fruit Bar Monday MILK - Variety	Mar - 19 Chicken Patty WG Bun Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Tuesday MILK - Variety	Mar - 20 TURKEY AND DRESSING S Mashed Potatoes Carrots Honey Coins Strawberries & Bananas Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety	Mar - 21 Pizza, Cheese Broccoli, Parmesan Corn FRESH APPLE WEDGES Veg Fruit Bar Friday MILK - Variety	Mar - 22 NO SCHOOL																																																																																																																																												
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">743</td> <td style="text-align: right;">114%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1718 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">40.6g</td> <td style="text-align: right;">21.9%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">82.8g</td> <td style="text-align: right;">44.5%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">28.7*g</td> <td style="text-align: right;">34.7%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.4*g</td> <td style="text-align: right;">16.3%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	743	114%		Sodium.	1718 mg			Prot	40.6g	21.9%Cal		Carb	82.8g	44.5%Cal		T.Fat	28.7*g	34.7%Cal		S.Fat	13.4*g	16.3%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">932</td> <td style="text-align: right;">143%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1800 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">45.0g</td> <td style="text-align: right;">19.3%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">135.7g</td> <td style="text-align: right;">58.2%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.5*g</td> <td style="text-align: right;">22.6%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.4*g</td> <td style="text-align: right;">5.2%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	932	143%		Sodium.	1800 mg			Prot	45.0g	19.3%Cal		Carb	135.7g	58.2%Cal		T.Fat	23.5*g	22.6%Cal		S.Fat	5.4*g	5.2%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">873</td> <td style="text-align: right;">134%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1219 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.0g</td> <td style="text-align: right;">17.4%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">130.1g</td> <td style="text-align: right;">59.6%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.3*g</td> <td style="text-align: right;">24.1%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.6*g</td> <td style="text-align: right;">6.8%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	873	134%		Sodium.	1219 mg			Prot	38.0g	17.4%Cal		Carb	130.1g	59.6%Cal		T.Fat	23.3*g	24.1%Cal		S.Fat	6.6*g	6.8%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">688</td> <td style="text-align: right;">106%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">974 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">38.1g</td> <td style="text-align: right;">22.1%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">100.7g</td> <td style="text-align: right;">58.5%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.2*g</td> <td style="text-align: right;">21.2%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.7*g</td> <td style="text-align: right;">4.8%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	688	106%		Sodium.	974 mg			Prot	38.1g	22.1%Cal		Carb	100.7g	58.5%Cal		T.Fat	16.2*g	21.2%Cal		S.Fat	3.7*g	4.8%Cal		<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></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	
Nutrients	Target																																																																																																																																															
Cals...	743	114%																																																																																																																																														
Sodium.	1718 mg																																																																																																																																															
Prot	40.6g	21.9%Cal																																																																																																																																														
Carb	82.8g	44.5%Cal																																																																																																																																														
T.Fat	28.7*g	34.7%Cal																																																																																																																																														
S.Fat	13.4*g	16.3%Cal																																																																																																																																														
Nutrients	Target																																																																																																																																															
Cals...	932	143%																																																																																																																																														
Sodium.	1800 mg																																																																																																																																															
Prot	45.0g	19.3%Cal																																																																																																																																														
Carb	135.7g	58.2%Cal																																																																																																																																														
T.Fat	23.5*g	22.6%Cal																																																																																																																																														
S.Fat	5.4*g	5.2%Cal																																																																																																																																														
Nutrients	Target																																																																																																																																															
Cals...	873	134%																																																																																																																																														
Sodium.	1219 mg																																																																																																																																															
Prot	38.0g	17.4%Cal																																																																																																																																														
Carb	130.1g	59.6%Cal																																																																																																																																														
T.Fat	23.3*g	24.1%Cal																																																																																																																																														
S.Fat	6.6*g	6.8%Cal																																																																																																																																														
Nutrients	Target																																																																																																																																															
Cals...	688	106%																																																																																																																																														
Sodium.	974 mg																																																																																																																																															
Prot	38.1g	22.1%Cal																																																																																																																																														
Carb	100.7g	58.5%Cal																																																																																																																																														
T.Fat	16.2*g	21.2%Cal																																																																																																																																														
S.Fat	3.7*g	4.8%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																																																																																																																																														
Mar - 25 NO SCHOOL	Mar - 26 SPRING BREAK	Mar - 27 SPRING BREAK	Mar - 28 SPRING BREAK	Mar - 29 SPRING BREAK																																																																																																																																												

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
ELEMENTARY PK LUNCH MENU MARCH 2019

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	0	0%	Cals...	0	0%	Cals...	0	0%	Cals...	0	0%	Cals...	0	0%
Sodium.	0 mg		Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg	Sodium.	*N/A*	mg
Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal	Prot	0.0g	0.0%Cal
Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal	Carb	0.0g	0.0%Cal
T.Fat	0.0*g	0.0%Cal	T.Fat	*N/A*g	*N/A**%Cal	T.Fat	*N/A*g	*N/A**%Cal	T.Fat	*N/A*g	*N/A**%Cal	T.Fat	*N/A*g	*N/A**%Cal
S.Fat	0.0*g	0.0%Cal	S.Fat	*N/A*g	*N/A**%Cal	S.Fat	*N/A*g	*N/A**%Cal	S.Fat	*N/A*g	*N/A**%Cal	S.Fat	*N/A*g	*N/A**%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.