

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
			Aug - 29 Baked Steak with Gravy Mashed Potatoes Peas WATERMELON Hot Roll WG Veg Fruit Bar Thursday Mid MILK - Variety	Aug - 30 Chicken Chimichanga Rice, Spanish WG Refried Beans Corn Mandarin Oranges Veg Fruit Bar Friday Middle MILK - Variety																																																																																																									
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Sep - 9 LASAGNA WITH GROUND Caesar Salad w Ranch Dres Peas Orange Wedges Breadstick WG Pudding, Chocolate Veg Fruit Bar Monday MILK - Variety	Sep - 10 Chicken Patty w White Grav Potatoes, Red Roasted Green Beans w Garlic Pineapple Tidbits Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Sep - 11 BARBECUED CHICKEN Cheesy Potatoes Carrots Honey Coins Grapes, Fresh Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety	Sep - 12 Cheeseburger WG Bun Lettuce & Tomato Baked Beans Potato Rounds ketchup, indiv 7 grams Carrot Sticks KIWI Veg Fruit Bar Thursday MILK - Variety	Sep - 13 BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Jello w Fruit Mix Veg Fruit Bar Friday MILK - Variety																																																																																																									
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Sep - 23 Sloppy Joe WG Bun Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins FRESH APPLE WEDGES Cookie Choc Chip WW Veg Fruit Bar Monday MILK - Variety	Sep - 24 CHICKEN AND NOODLES Green Beans w Garlic Corn Grapes, Fresh Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Sep - 25 Hot Dog WG bun with chili Creamy Cole Slaw Baked Beans CORN COBBETT Strawberries Veg Fruit Bar Wednesda MILK - Variety	Sep - 26 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Sep - 27 Chili Con Carne w Beans Toasted WG Cheese Sandwi Broccoli, Parmesan Sherbet, Luigi's , Orange Pears, Sliced Veg Fruit Bar Friday MILK - Variety																																																																																																																																												
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Nutrients	Target																																																																																																																																															
Cals...	820*	100%																																																																																																																																														
Sodium.	1477* mg																																																																																																																																															
Prot	38.4*g	18.7%Cal																																																																																																																																														
Carb	119.1*g	58.1%Cal																																																																																																																																														
T.Fat	22.6*g	24.8%Cal																																																																																																																																														
S.Fat	4.9*g	5.3%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.