

CABELL COUNTY SCHOOLS
HIGH SCHOOL GRAB N GO BREAKFAST
SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 28 Cereal to Go WG Scooby Graham WG Wow Butter, Breakfast Sausage on Biscuit Chicken & Slider Bun WG Fruit Juice, Assorted Strawberries BANANA, SMALL MILK - Variety	Aug - 29 Cereal to Go WG Bagel, Plain, Lenders LOW FAT CREAM CHEESE Egg/Bacon WG Croissant Sausage Pancake WG Stick Fruit Juice, Assorted Orange, Fresh BANANA, SMALL MILK - Variety	Aug - 30 Cereal to Go WG Muffin, WG Berry Yogurt breakfast - 4 oz Toasted Cheese Sandwich Sausage Pancake WG Stick Fruit Juice, Assorted FRESH APPLE WEDGES BANANA, SMALL MILK - Variety
Sep - 2 NO SCHOOL	Sep - 3 Cereal to Go WG Snack Loaf, WG Banana Cheese Stick Breakfast Sausage Pancake WG Stick Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 4 Cereal to Go WG Breakfast Tart Cheese Stick Breakfast Oatmeal Cup WG Buttered Sausage on Biscuit Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Sep - 5 Cereal to Go WG Muffin, WG Berry Yogurt breakfast - 4 oz Chicken & Slider Bun WG Egg/Bacon WG Croissant BANANA, SMALL Fruit Juice, Assorted APPLE, MED. MILK - Variety	Sep - 6 Cereal to Go WG Bagel, Mini Strawberry Crea Egg/Bacon WG Croissant Sausage on Biscuit Fruit Juice, Assorted Apples, Sliced BANANA, SMALL MILK - Variety
Sep - 9 Cereal to Go WG Scooby Graham WG Wow Butter, Breakfast Chicken & Biscuit Breakfast Pizza WG Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Sep - 10 Cereal to Go WG MVP WG Low Fat Donut Cheese Stick Breakfast Sausage on Biscuit Egg & Cheese Pretzel Bun Fruit Juice, Assorted Strawberries BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 11 Cereal to Go WG Muffin WG Chocolate Chip Yogurt breakfast - 4 oz Sausage on Biscuit Waffle & Chicken Sandwich Fruit Juice, Assorted FRESH APPLE WEDGES BANANA, SMALL MILK - Variety	Sep - 12 Cereal to Go WG French Toast, mini WG Cheese Stick Breakfast Breakfast Pizza WG Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 13 Cereal to Go WG Pancake WG Bites Yogurt breakfast - 4 oz Egg/Bacon WG Croissant Chicken & Slider Bun WG BANANA, SMALL Fruit Juice, Assorted Strawberries MILK - Variety

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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

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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 16 Cereal to Go WG Muffin, WG Berry Cheese Stick Breakfast Sausage on Biscuit Breakfast Pizza WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 17 Cereal to Go WG Bread, Zucchini WG Cheese Stick Breakfast Chicken & Biscuit Oatmeal Cup WG Buttered Fruit Juice, Assorted BANANA, SMALL FRESH APPLE WEDGES MILK - Variety	Sep - 18 Cereal to Go WG NUTRI-GRAIN BAR Yogurt breakfast - 4 oz Sausage Pancake WG Stick Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL Strawberries MILK - Variety	Sep - 19 Cereal to Go WG Snack Loaf, WG Blueberry Cheese Stick Breakfast Chicken & Biscuit Egg/Bacon/Cheese Wrap Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 20 Cereal to Go WG MVP WG Low Fat Donut Cheese Stick Breakfast Sausage on Biscuit Egg/Cheese WG Flatbread Fruit Juice, Assorted FRESH APPLE WEDGES BANANA, SMALL MILK - Variety
Sep - 23 Cereal to Go WG MVP WG Low Fat Donut Yogurt breakfast - 4 oz Breakfast Pizza WG Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 24 Cereal to Go WG Muffin WG Chocolate Chip Yogurt breakfast - 4 oz Chicken & Slider Bun WG Egg & Cheese Pretzel Bun Fruit Juice, Assorted Strawberry Cup BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 25 Cereal to Go WG Bagel, Mini Strawberry Crea Sausage on Biscuit Egg/Cheese WG Croissant Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Sep - 26 Cereal to Go WG Bread, Zucchini WG Cheese, Cheddar Stick Brea Waffle & Sausage/Egg San Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Sep - 27 Cereal to Go WG NUTRI-GRAIN BAR Cheese Stick Breakfast Oatmeal Cup WG Buttered Sausage on Biscuit Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety
Sep - 30 Cereal to Go WG PEACHES-N-CREAM WAFFL Sausage Pancake WG Stick Chicken & Biscuit Fruit Juice, Assorted BANANA, SMALL FRESH APPLE WEDGES MILK - Variety				

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