

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL 2nd LUNCH LINE SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 28 Chicken/Bacon RanchWG H Broccoli, Parmesan Carrots Honey Coins FRESH APPLE WEDGES Veg Fruit Bar Wed Middle MILK - Variety	Aug - 29 Turkey & Cheese WG hoagi Baked Fries ketchup, indiv 7 grams Peas WATERMELON Veg Fruit Bar Thursday Mid MILK - Variety	Aug - 30 Ham & CheeseWG Flatbrea Rice, Spanish WG Refried Beans Corn Mandarin Oranges Veg Fruit Bar Friday Middle MILK - Variety
Sep - 2 NO SCHOOL	Sep - 3 Ham & CheeseWG Flatbrea BAKED POTATO Margarine, cup, indiv. Salad Tossed Romaine w/R Mandarin Oranges Veg Fruit Bar Tuesday MILK - Variety	Sep - 4 Grilled Chicken/M Cheese/ Baked Fries ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Strawberries Veg Fruit Bar Wednesda MILK - Variety	Sep - 5 Steak/CheeseWG Hoagie Lettuce & Tomato Broccoli, Parmesan Carrot Sticks Ranch Dip, FF Pears, Sliced Ice Cream Veg Fruit Bar Thursday MILK - Variety	Sep - 6 Chicken/Bacon RanchWG H Rice, Spanish WG Refried Beans Corn Grapes, Fresh Veg Fruit Bar Friday MILK - Variety
Sep - 9 Pizza, Cheese Caesar Salad w Ranch Dres Celery Sticks w Wow Butter Orange Wedges Pudding, Chocolate Veg Fruit Bar Monday MILK - Variety	Sep - 10 Philly Steak/Cheese WGSan Potatoes, Red Roasted Red & Orange Peppers Ranch Dip, FF Pineapple Tidbits Veg Fruit Bar Tuesday MILK - Variety	Sep - 11 MEATBALL SUB Cheesy Potatoes Carrots Honey Coins Grapes, Fresh Veg Fruit Bar Wednesda MILK - Variety	Sep - 12 Hot Dog WG bun with chili Baked Beans Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Thursday MILK - Variety	Sep - 13 BBQ Pork WG Bun Cheese, Cheddar, Cubes Quick Baked Potatoes Cucumber Slices Ranch Dip, FF Jello w Fruit Mix Veg Fruit Bar Friday 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 Italian Sub Baked Fries ketchup, indiv 7 grams Green Beans w Garlic Cheesecake Blueberry Tart FRESH APPLE WEDGES Veg Fruit Bar Monday MILK - Variety	Sep - 17 Pizza, Chicken Bacon Ranch Broccoli, Parmesan Carrots Honey Coins Strawberries & Bananas Veg Fruit Bar Tuesday MILK - Variety	Sep - 18 French WG Bread Cheesy/P Caesar Salad w Ranch Dres Peas CANTALOUPE Veg Fruit Bar Wednesda MILK - Variety	Sep - 19 Hot Ham/Cheese on WG B Quick Baked Potatoes Carrots Honey Coins Applesauce Cup Veg Fruit Bar Thursday Pudding, Chocolate MILK - Variety	Sep - 20 Soft Taco (2) Rice, Spanish WG Refried Beans CORN COBBETT Mandarin Oranges Veg Fruit Bar Friday MILK - Variety
Sep - 23 Ham & Cheese WG Croissa Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins FRESH APPLE WEDGES Cookie Choc Chip WW Veg Fruit Bar Monday MILK - Variety	Sep - 24 Pizza WG Peppero/Che Flat Nacho Scoops WG Salsa/H Corn Red & Orange Peppers Grapes, Fresh Veg Fruit Bar Tuesday MILK - Variety	Sep - 25 BBQ Chicken Sandwich w/C Sun Chips WG Baked Beans CORN COBBETT Strawberries Veg Fruit Bar Wednesda MILK - Variety	Sep - 26 MEATBALL SUB Potatoes, Diced Hashbrown Cucumber Slices Ranch Dip, FF Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Sep - 27 Ranch Chicken/Cheddar Wr Chex Mix WG Broccoli, Parmesan Carrot Sticks Sherbet, Luigi's , Orange Pears, Sliced Veg Fruit Bar Friday MILK - Variety
Sep - 30 Steak/CheeseWG Hoagie Lettuce & Tomato Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Monday MILK - Variety				

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