

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 28 Pizza WG Pepperoni/Chees Broccoli, Parmesan Carrots Honey Coins FRESH APPLE WEDGES Veg Fruit Bar Wed Middle MILK - Variety	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
Sep - 2 NO SCHOOL	Sep - 3 Chicken Teriyaki Mashed Potatoes Salad Tossed Romaine w/R Mandarin Oranges Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Sep - 4 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Strawberries Veg Fruit Bar Wed Middle MILK - Variety	Sep - 5 Pig-In-A-Blanket WG Mustard, individual Broccoli, Parmesan Carrot Sticks Ranch Dip, FF Pears, Sliced Ice Cream Veg Fruit Bar Thursday Mid MILK - Variety	Sep - 6 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn Grapes, Fresh Veg Fruit Bar Friday Middle MILK - Variety
Sep - 9 LASAGNA WITH GROUND Caesar Salad w Ranch Dres Peas Orange Wedges Hot Roll WG Pudding, Chocolate Veg Fruit Bar Monday Midd 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 Midd MILK - Variety	Sep - 11 BARBECUED CHICKEN Cheesy Potatoes Carrots Honey Coins Grapes, Fresh Texas Toast Veg Fruit Bar Wed Middle MILK - Variety	Sep - 12 Cheeseburger WG Bun Lettuce & Tomato Baked Beans Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Thursday Mid MILK - Variety	Sep - 13 BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Jello w Fruit Mix CANTALOUPE Veg Fruit Bar Friday Middle 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 Macaroni and Cheese Fish, Sticks WG Green Beans w Garlic Peas Cheesecake Blueberry Tart FRESH APPLE WEDGES Veg Fruit Bar Monday Midd MILK - Variety	Sep - 17 Pepperoni/Cheese WG Roll Broccoli, Parmesan Carrots Honey Coins Strawberries & Bananas Veg Fruit Bar Tuesday Midd MILK - Variety	Sep - 18 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas CANTALOUPE Bread&Cheese Stuf WG Veg Fruit Bar Wed Middle MILK - Variety	Sep - 19 Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins Applesauce Cup Hot Roll WG Veg Fruit Bar Thursday Mid MILK - Variety	Sep - 20 Chicken Nachos WG Rice, Spanish WG Refried Beans CORN COBBETT Mandarin Oranges Veg Fruit Bar Friday Middle MILK - Variety
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 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
Sep - 30 Chicken Patty WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Monday MILK - Variety				

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