

# 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																																																																						
		<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">717 102%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1118 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.6g 24.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">95.2g 53.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">18.1*g 22.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.7*g 10.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	717 102%	Sodium.	1118 mg	Prot	43.6g 24.3%Cal	Carb	95.2g 53.1%Cal	T.Fat	18.1*g 22.7%Cal	S.Fat	8.7*g 10.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">692 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1030 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.0*g 18.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">89.2g 51.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">24.3*g 31.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.4*g 10.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	692 100%	Sodium.	1030 mg	Prot	32.0*g 18.5%Cal	Carb	89.2g 51.6%Cal	T.Fat	24.3*g 31.5%Cal	S.Fat	8.4*g 10.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">805 115%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1202 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.0*g 21.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">128.5g 63.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">13.2*g 14.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.0*g 3.3%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	805 115%	Sodium.	1202 mg	Prot	43.0*g 21.3%Cal	Carb	128.5g 63.8%Cal	T.Fat	13.2*g 14.8%Cal	S.Fat	3.0*g 3.3%Cal																												
Nutrients	Target																																																																									
Cals...	717 102%																																																																									
Sodium.	1118 mg																																																																									
Prot	43.6g 24.3%Cal																																																																									
Carb	95.2g 53.1%Cal																																																																									
T.Fat	18.1*g 22.7%Cal																																																																									
S.Fat	8.7*g 10.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	692 100%																																																																									
Sodium.	1030 mg																																																																									
Prot	32.0*g 18.5%Cal																																																																									
Carb	89.2g 51.6%Cal																																																																									
T.Fat	24.3*g 31.5%Cal																																																																									
S.Fat	8.4*g 10.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	805 115%																																																																									
Sodium.	1202 mg																																																																									
Prot	43.0*g 21.3%Cal																																																																									
Carb	128.5g 63.8%Cal																																																																									
T.Fat	13.2*g 14.8%Cal																																																																									
S.Fat	3.0*g 3.3%Cal																																																																									
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																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g 0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g 0.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	0 0%	Sodium.	0 mg	Prot	0.0*g 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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">661 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1205 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">37.7*g 22.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">97.3g 58.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">13.9*g 18.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.5*g 4.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	661 100%	Sodium.	1205 mg	Prot	37.7*g 22.8%Cal	Carb	97.3g 58.8%Cal	T.Fat	13.9*g 18.9%Cal	S.Fat	3.5*g 4.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">806 115%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1329 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">37.1*g 18.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">94.1g 46.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.5*g 34.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">12.6*g 14.0%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	806 115%	Sodium.	1329 mg	Prot	37.1*g 18.4%Cal	Carb	94.1g 46.7%Cal	T.Fat	30.5*g 34.0%Cal	S.Fat	12.6*g 14.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">1022 146%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1544 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">33.5*g 13.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">141.1g 55.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">39.5*g 34.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.2*g 8.1%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1022 146%	Sodium.	1544 mg	Prot	33.5*g 13.1%Cal	Carb	141.1g 55.2%Cal	T.Fat	39.5*g 34.8%Cal	S.Fat	9.2*g 8.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">971 139%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1235 mg</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">44.3*g 18.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">128.0g 52.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.3*g 28.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.9*g 7.3%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	971 139%	Sodium.	1235 mg	Prot	44.3*g 18.3%Cal	Carb	128.0g 52.7%Cal	T.Fat	30.3*g 28.1%Cal	S.Fat	7.9*g 7.3%Cal
Nutrients	Target																																																																									
Cals...	0 0%																																																																									
Sodium.	0 mg																																																																									
Prot	0.0*g 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...	661 100%																																																																									
Sodium.	1205 mg																																																																									
Prot	37.7*g 22.8%Cal																																																																									
Carb	97.3g 58.8%Cal																																																																									
T.Fat	13.9*g 18.9%Cal																																																																									
S.Fat	3.5*g 4.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	806 115%																																																																									
Sodium.	1329 mg																																																																									
Prot	37.1*g 18.4%Cal																																																																									
Carb	94.1g 46.7%Cal																																																																									
T.Fat	30.5*g 34.0%Cal																																																																									
S.Fat	12.6*g 14.0%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1022 146%																																																																									
Sodium.	1544 mg																																																																									
Prot	33.5*g 13.1%Cal																																																																									
Carb	141.1g 55.2%Cal																																																																									
T.Fat	39.5*g 34.8%Cal																																																																									
S.Fat	9.2*g 8.1%Cal																																																																									
Nutrients	Target																																																																									
Cals...	971 139%																																																																									
Sodium.	1235 mg																																																																									
Prot	44.3*g 18.3%Cal																																																																									
Carb	128.0g 52.7%Cal																																																																									
T.Fat	30.3*g 28.1%Cal																																																																									
S.Fat	7.9*g 7.3%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.

# CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE SEPTEMBER 2019

Page 2

Aug 28, 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
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																																																																																																									
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">813</td> <td style="text-align: right;">116%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1273 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.5*g</td> <td style="text-align: right;">21.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">125.1g</td> <td style="text-align: right;">61.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.3*g</td> <td style="text-align: right;">19.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.1*g</td> <td style="text-align: right;">7.9%Cal</td> </tr> </table>	Nutrients	Target		Cals...	813	116%	Sodium.	1273 mg		Prot	43.5*g	21.4%Cal	Carb	125.1g	61.5%Cal	T.Fat	17.3*g	19.2%Cal	S.Fat	7.1*g	7.9%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">785</td> <td style="text-align: right;">112%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1148 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.2*g</td> <td style="text-align: right;">17.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">103.5g</td> <td style="text-align: right;">52.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">26.6*g</td> <td style="text-align: right;">30.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.8*g</td> <td style="text-align: right;">6.7%Cal</td> </tr> </table>	Nutrients	Target		Cals...	785	112%	Sodium.	1148 mg		Prot	34.2*g	17.4%Cal	Carb	103.5g	52.8%Cal	T.Fat	26.6*g	30.6%Cal	S.Fat	5.8*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> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1040</td> <td style="text-align: right;">149%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1499 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">61.0*g</td> <td style="text-align: right;">23.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">88.8g</td> <td style="text-align: right;">34.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">48.8*g</td> <td style="text-align: right;">42.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">17.7*g</td> <td style="text-align: right;">15.3%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1040	149%	Sodium.	1499 mg		Prot	61.0*g	23.4%Cal	Carb	88.8g	34.2%Cal	T.Fat	48.8*g	42.2%Cal	S.Fat	17.7*g	15.3%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">933</td> <td style="text-align: right;">133%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1635 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.1*g</td> <td style="text-align: right;">18.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">113.8g</td> <td style="text-align: right;">48.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">35.0*g</td> <td style="text-align: right;">33.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.5*g</td> <td style="text-align: right;">13.0%Cal</td> </tr> </table>	Nutrients	Target		Cals...	933	133%	Sodium.	1635 mg		Prot	43.1*g	18.5%Cal	Carb	113.8g	48.8%Cal	T.Fat	35.0*g	33.7%Cal	S.Fat	13.5*g	13.0%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">851</td> <td style="text-align: right;">122%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1722 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">35.1*g</td> <td style="text-align: right;">16.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">115.0g</td> <td style="text-align: right;">54.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.7*g</td> <td style="text-align: right;">25.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">11.1*g</td> <td style="text-align: right;">11.8%Cal</td> </tr> </table>	Nutrients	Target		Cals...	851	122%	Sodium.	1722 mg		Prot	35.1*g	16.5%Cal	Carb	115.0g	54.1%Cal	T.Fat	23.7*g	25.1%Cal	S.Fat	11.1*g	11.8%Cal
Nutrients	Target																																																																																																												
Cals...	813	116%																																																																																																											
Sodium.	1273 mg																																																																																																												
Prot	43.5*g	21.4%Cal																																																																																																											
Carb	125.1g	61.5%Cal																																																																																																											
T.Fat	17.3*g	19.2%Cal																																																																																																											
S.Fat	7.1*g	7.9%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	785	112%																																																																																																											
Sodium.	1148 mg																																																																																																												
Prot	34.2*g	17.4%Cal																																																																																																											
Carb	103.5g	52.8%Cal																																																																																																											
T.Fat	26.6*g	30.6%Cal																																																																																																											
S.Fat	5.8*g	6.7%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	1040	149%																																																																																																											
Sodium.	1499 mg																																																																																																												
Prot	61.0*g	23.4%Cal																																																																																																											
Carb	88.8g	34.2%Cal																																																																																																											
T.Fat	48.8*g	42.2%Cal																																																																																																											
S.Fat	17.7*g	15.3%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	933	133%																																																																																																											
Sodium.	1635 mg																																																																																																												
Prot	43.1*g	18.5%Cal																																																																																																											
Carb	113.8g	48.8%Cal																																																																																																											
T.Fat	35.0*g	33.7%Cal																																																																																																											
S.Fat	13.5*g	13.0%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	851	122%																																																																																																											
Sodium.	1722 mg																																																																																																												
Prot	35.1*g	16.5%Cal																																																																																																											
Carb	115.0g	54.1%Cal																																																																																																											
T.Fat	23.7*g	25.1%Cal																																																																																																											
S.Fat	11.1*g	11.8%Cal																																																																																																											
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																																																																																																									
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1131</td> <td style="text-align: right;">162%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1206 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">49.3*g</td> <td style="text-align: right;">17.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">139.6g</td> <td style="text-align: right;">49.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">43.5*g</td> <td style="text-align: right;">34.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">15.5*g</td> <td style="text-align: right;">12.4%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1131	162%	Sodium.	1206 mg		Prot	49.3*g	17.4%Cal	Carb	139.6g	49.4%Cal	T.Fat	43.5*g	34.6%Cal	S.Fat	15.5*g	12.4%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">857</td> <td style="text-align: right;">122%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1255 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">43.3*g</td> <td style="text-align: right;">20.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">115.7g</td> <td style="text-align: right;">54.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.5*g</td> <td style="text-align: right;">32.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.7*g</td> <td style="text-align: right;">14.4%Cal</td> </tr> </table>	Nutrients	Target		Cals...	857	122%	Sodium.	1255 mg		Prot	43.3*g	20.2%Cal	Carb	115.7g	54.0%Cal	T.Fat	30.5*g	32.0%Cal	S.Fat	13.7*g	14.4%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">909</td> <td style="text-align: right;">130%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1465 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">54.9*g</td> <td style="text-align: right;">24.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">117.3g</td> <td style="text-align: right;">51.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">26.8*g</td> <td style="text-align: right;">26.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.2*g</td> <td style="text-align: right;">10.1%Cal</td> </tr> </table>	Nutrients	Target		Cals...	909	130%	Sodium.	1465 mg		Prot	54.9*g	24.1%Cal	Carb	117.3g	51.6%Cal	T.Fat	26.8*g	26.5%Cal	S.Fat	10.2*g	10.1%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">893</td> <td style="text-align: right;">128%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1336 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">33.3*g</td> <td style="text-align: right;">14.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">131.7g</td> <td style="text-align: right;">59.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">28.8*g</td> <td style="text-align: right;">29.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.4*g</td> <td style="text-align: right;">10.5%Cal</td> </tr> </table>	Nutrients	Target		Cals...	893	128%	Sodium.	1336 mg		Prot	33.3*g	14.9%Cal	Carb	131.7g	59.0%Cal	T.Fat	28.8*g	29.1%Cal	S.Fat	10.4*g	10.5%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1107</td> <td style="text-align: right;">158%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1468 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">46.3*g</td> <td style="text-align: right;">16.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">160.7g</td> <td style="text-align: right;">58.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">29.1*g</td> <td style="text-align: right;">23.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.8*g</td> <td style="text-align: right;">4.7%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1107	158%	Sodium.	1468 mg		Prot	46.3*g	16.7%Cal	Carb	160.7g	58.1%Cal	T.Fat	29.1*g	23.7%Cal	S.Fat	5.8*g	4.7%Cal
Nutrients	Target																																																																																																												
Cals...	1131	162%																																																																																																											
Sodium.	1206 mg																																																																																																												
Prot	49.3*g	17.4%Cal																																																																																																											
Carb	139.6g	49.4%Cal																																																																																																											
T.Fat	43.5*g	34.6%Cal																																																																																																											
S.Fat	15.5*g	12.4%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	857	122%																																																																																																											
Sodium.	1255 mg																																																																																																												
Prot	43.3*g	20.2%Cal																																																																																																											
Carb	115.7g	54.0%Cal																																																																																																											
T.Fat	30.5*g	32.0%Cal																																																																																																											
S.Fat	13.7*g	14.4%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	909	130%																																																																																																											
Sodium.	1465 mg																																																																																																												
Prot	54.9*g	24.1%Cal																																																																																																											
Carb	117.3g	51.6%Cal																																																																																																											
T.Fat	26.8*g	26.5%Cal																																																																																																											
S.Fat	10.2*g	10.1%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	893	128%																																																																																																											
Sodium.	1336 mg																																																																																																												
Prot	33.3*g	14.9%Cal																																																																																																											
Carb	131.7g	59.0%Cal																																																																																																											
T.Fat	28.8*g	29.1%Cal																																																																																																											
S.Fat	10.4*g	10.5%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	1107	158%																																																																																																											
Sodium.	1468 mg																																																																																																												
Prot	46.3*g	16.7%Cal																																																																																																											
Carb	160.7g	58.1%Cal																																																																																																											
T.Fat	29.1*g	23.7%Cal																																																																																																											
S.Fat	5.8*g	4.7%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

MIDDLE SCHOOL MAIN LINE SEPTEMBER 2019

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 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																																																																						
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">993 142%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1467 mg</td> </tr> <tr> <td>Prot 38.2*g</td> <td style="text-align: right;">15.4%Cal</td> </tr> <tr> <td>Carb 144.9g</td> <td style="text-align: right;">58.3%Cal</td> </tr> <tr> <td>T.Fat 30.7*g</td> <td style="text-align: right;">27.8%Cal</td> </tr> <tr> <td>S.Fat 10.8*g</td> <td style="text-align: right;">9.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	993 142%	Sodium.	1467 mg	Prot 38.2*g	15.4%Cal	Carb 144.9g	58.3%Cal	T.Fat 30.7*g	27.8%Cal	S.Fat 10.8*g	9.8%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">674 100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">780 mg</td> </tr> <tr> <td>Prot 38.8*g</td> <td style="text-align: right;">23.0%Cal</td> </tr> <tr> <td>Carb 96.0g</td> <td style="text-align: right;">56.9%Cal</td> </tr> <tr> <td>T.Fat 15.4*g</td> <td style="text-align: right;">20.5%Cal</td> </tr> <tr> <td>S.Fat 3.3*g</td> <td style="text-align: right;">4.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	674 100%	Sodium.	780 mg	Prot 38.8*g	23.0%Cal	Carb 96.0g	56.9%Cal	T.Fat 15.4*g	20.5%Cal	S.Fat 3.3*g	4.5%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">899 128%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1866 mg</td> </tr> <tr> <td>Prot 38.2*g</td> <td style="text-align: right;">17.0%Cal</td> </tr> <tr> <td>Carb 132.9g</td> <td style="text-align: right;">59.1%Cal</td> </tr> <tr> <td>T.Fat 27.3*g</td> <td style="text-align: right;">27.3%Cal</td> </tr> <tr> <td>S.Fat 9.8*g</td> <td style="text-align: right;">9.8%Cal</td> </tr> </table>	Nutrients	Target	Cals...	899 128%	Sodium.	1866 mg	Prot 38.2*g	17.0%Cal	Carb 132.9g	59.1%Cal	T.Fat 27.3*g	27.3%Cal	S.Fat 9.8*g	9.8%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1004* 143%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1655* mg</td> </tr> <tr> <td>Prot 32.5*g</td> <td style="text-align: right;">13.0%Cal</td> </tr> <tr> <td>Carb 147.6*g</td> <td style="text-align: right;">58.8%Cal</td> </tr> <tr> <td>T.Fat 45.1*g</td> <td style="text-align: right;">40.4%Cal</td> </tr> <tr> <td>S.Fat 19.8*g</td> <td style="text-align: right;">17.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	1004* 143%	Sodium.	1655* mg	Prot 32.5*g	13.0%Cal	Carb 147.6*g	58.8%Cal	T.Fat 45.1*g	40.4%Cal	S.Fat 19.8*g	17.7%Cal	<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">937* 134%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1696* mg</td> </tr> <tr> <td>Prot 46.9*g</td> <td style="text-align: right;">20.0%Cal</td> </tr> <tr> <td>Carb 119.1*g</td> <td style="text-align: right;">50.9%Cal</td> </tr> <tr> <td>T.Fat 31.9*g</td> <td style="text-align: right;">30.6%Cal</td> </tr> <tr> <td>S.Fat 15.3*g</td> <td style="text-align: right;">14.7%Cal</td> </tr> </table>	Nutrients	Target	Cals...	937* 134%	Sodium.	1696* mg	Prot 46.9*g	20.0%Cal	Carb 119.1*g	50.9%Cal	T.Fat 31.9*g	30.6%Cal	S.Fat 15.3*g	14.7%Cal
Nutrients	Target																																																																									
Cals...	993 142%																																																																									
Sodium.	1467 mg																																																																									
Prot 38.2*g	15.4%Cal																																																																									
Carb 144.9g	58.3%Cal																																																																									
T.Fat 30.7*g	27.8%Cal																																																																									
S.Fat 10.8*g	9.8%Cal																																																																									
Nutrients	Target																																																																									
Cals...	674 100%																																																																									
Sodium.	780 mg																																																																									
Prot 38.8*g	23.0%Cal																																																																									
Carb 96.0g	56.9%Cal																																																																									
T.Fat 15.4*g	20.5%Cal																																																																									
S.Fat 3.3*g	4.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	899 128%																																																																									
Sodium.	1866 mg																																																																									
Prot 38.2*g	17.0%Cal																																																																									
Carb 132.9g	59.1%Cal																																																																									
T.Fat 27.3*g	27.3%Cal																																																																									
S.Fat 9.8*g	9.8%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1004* 143%																																																																									
Sodium.	1655* mg																																																																									
Prot 32.5*g	13.0%Cal																																																																									
Carb 147.6*g	58.8%Cal																																																																									
T.Fat 45.1*g	40.4%Cal																																																																									
S.Fat 19.8*g	17.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	937* 134%																																																																									
Sodium.	1696* mg																																																																									
Prot 46.9*g	20.0%Cal																																																																									
Carb 119.1*g	50.9%Cal																																																																									
T.Fat 31.9*g	30.6%Cal																																																																									
S.Fat 15.3*g	14.7%Cal																																																																									
Sep - 30  Chicken Patty WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Monday MILK - Variety																																																																										
<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">800* 114%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1286* mg</td> </tr> <tr> <td>Prot 38.1*g</td> <td style="text-align: right;">19.1%Cal</td> </tr> <tr> <td>Carb 113.7*g</td> <td style="text-align: right;">56.9%Cal</td> </tr> <tr> <td>T.Fat 22.5*g</td> <td style="text-align: right;">25.3%Cal</td> </tr> <tr> <td>S.Fat 4.8*g</td> <td style="text-align: right;">5.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	800* 114%	Sodium.	1286* mg	Prot 38.1*g	19.1%Cal	Carb 113.7*g	56.9%Cal	T.Fat 22.5*g	25.3%Cal	S.Fat 4.8*g	5.5%Cal																																																												
Nutrients	Target																																																																									
Cals...	800* 114%																																																																									
Sodium.	1286* mg																																																																									
Prot 38.1*g	19.1%Cal																																																																									
Carb 113.7*g	56.9%Cal																																																																									
T.Fat 22.5*g	25.3%Cal																																																																									
S.Fat 4.8*g	5.5%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.