

# CABELL COUNTY SCHOOLS

## ELEMENTARY PK LUNCH MENU SEPTEMBER 2019

Page 1

Aug 28, 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
		Aug - 28 Pizza WG Pepperoni/Chees Broccoli, Parmesan Carrots Honey Coins FRESH APPLE WEDGES Veg Fruit Bar Wednesda MILK - Variety	Aug - 29 Baked Steak with Gravy Mashed Potatoes Peas WATERMELON Hot Roll WG Veg Fruit Bar Thursday MILK - Variety	Aug - 30  NO SCHOOL																																																																																																									
		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">740</td> <td style="text-align: right;">114%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1224 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">44.5g</td> <td style="text-align: right;">24.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">99.2g</td> <td style="text-align: right;">53.6%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">18.2*g</td> <td style="text-align: right;">22.1%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">8.7*g</td> <td style="text-align: right;">10.6%Cal</td> </tr> </table>	Nutrients	Target		Cals...	740	114%	Sodium.	1224 mg		Prot	44.5g	24.0%Cal	Carb	99.2g	53.6%Cal	T.Fat	18.2*g	22.1%Cal	S.Fat	8.7*g	10.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">747</td> <td style="text-align: right;">115%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1236 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">33.5*g</td> <td style="text-align: right;">18.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">100.2g</td> <td style="text-align: right;">53.7%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">24.2*g</td> <td style="text-align: right;">29.2%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">8.4*g</td> <td style="text-align: right;">10.1%Cal</td> </tr> </table>	Nutrients	Target		Cals...	747	115%	Sodium.	1236 mg		Prot	33.5*g	18.0%Cal	Carb	100.2g	53.7%Cal	T.Fat	24.2*g	29.2%Cal	S.Fat	8.4*g	10.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </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																																										
Nutrients	Target																																																																																																												
Cals...	740	114%																																																																																																											
Sodium.	1224 mg																																																																																																												
Prot	44.5g	24.0%Cal																																																																																																											
Carb	99.2g	53.6%Cal																																																																																																											
T.Fat	18.2*g	22.1%Cal																																																																																																											
S.Fat	8.7*g	10.6%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	747	115%																																																																																																											
Sodium.	1236 mg																																																																																																												
Prot	33.5*g	18.0%Cal																																																																																																											
Carb	100.2g	53.7%Cal																																																																																																											
T.Fat	24.2*g	29.2%Cal																																																																																																											
S.Fat	8.4*g	10.1%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																																																																																																											
Sep - 2  NO SCHOOL	Sep - 3 Chicken Teriyaki Mashed Potatoes Caesar Salad w Ranch Dres Mandarin Oranges Hot Roll WG Veg Fruit Bar Tuesday MILK - Variety	Sep - 4 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Carrot Sticks Ranch Dip, FF Strawberries Veg Fruit Bar Wednesda MILK - Variety	Sep - 5 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn Grapes, Fresh Veg Fruit Bar Friday MILK - Variety	Sep - 6  NO SCHOOL																																																																																																									
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </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;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">682</td> <td style="text-align: right;">105%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1288 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">40.3*g</td> <td style="text-align: right;">23.6%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">96.9g</td> <td style="text-align: right;">56.8%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">15.4*g</td> <td style="text-align: right;">20.3%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">4.3*g</td> <td style="text-align: right;">5.7%Cal</td> </tr> </table>	Nutrients	Target		Cals...	682	105%	Sodium.	1288 mg		Prot	40.3*g	23.6%Cal	Carb	96.9g	56.8%Cal	T.Fat	15.4*g	20.3%Cal	S.Fat	4.3*g	5.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">877</td> <td style="text-align: right;">135%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1480 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">39.0*g</td> <td style="text-align: right;">17.8%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">109.5g</td> <td style="text-align: right;">49.9%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">30.8*g</td> <td style="text-align: right;">31.6%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">12.6*g</td> <td style="text-align: right;">13.0%Cal</td> </tr> </table>	Nutrients	Target		Cals...	877	135%	Sodium.	1480 mg		Prot	39.0*g	17.8%Cal	Carb	109.5g	49.9%Cal	T.Fat	30.8*g	31.6%Cal	S.Fat	12.6*g	13.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">966</td> <td style="text-align: right;">149%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">1415 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">44.6*g</td> <td style="text-align: right;">18.5%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">127.3g</td> <td style="text-align: right;">52.7%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">28.8*g</td> <td style="text-align: right;">26.8%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">7.7*g</td> <td style="text-align: right;">7.1%Cal</td> </tr> </table>	Nutrients	Target		Cals...	966	149%	Sodium.	1415 mg		Prot	44.6*g	18.5%Cal	Carb	127.3g	52.7%Cal	T.Fat	28.8*g	26.8%Cal	S.Fat	7.7*g	7.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: right;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">Prot</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </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
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...	682	105%																																																																																																											
Sodium.	1288 mg																																																																																																												
Prot	40.3*g	23.6%Cal																																																																																																											
Carb	96.9g	56.8%Cal																																																																																																											
T.Fat	15.4*g	20.3%Cal																																																																																																											
S.Fat	4.3*g	5.7%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	877	135%																																																																																																											
Sodium.	1480 mg																																																																																																												
Prot	39.0*g	17.8%Cal																																																																																																											
Carb	109.5g	49.9%Cal																																																																																																											
T.Fat	30.8*g	31.6%Cal																																																																																																											
S.Fat	12.6*g	13.0%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	966	149%																																																																																																											
Sodium.	1415 mg																																																																																																												
Prot	44.6*g	18.5%Cal																																																																																																											
Carb	127.3g	52.7%Cal																																																																																																											
T.Fat	28.8*g	26.8%Cal																																																																																																											
S.Fat	7.7*g	7.1%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																																																																																																											

**\*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

## ELEMENTARY PK LUNCH MENU SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
Sep - 9  Pizza, Cheese Caesar Salad w Ranch Dres Celery Sticks w Wow Butter Orange Wedges Veg Fruit Bar Monday MILK - Variety	Sep - 10  BARBECUED CHICKEN Cheesy Potatoes Carrots Honey Coins Grapes, Fresh Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety	Sep - 11  Hamburger WG Bun Lettuce & Tomato Baked Beans Potato Rounds ketchup, indiv 7 grams KIWI Veg Fruit Bar Thursday MILK - Variety	Sep - 12  BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF FRUIT COCKTAIL Veg Fruit Bar Friday MILK - Variety	Sep - 13  NO SCHOOL																																																																																																									
<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;">859</td> <td style="text-align: right;">132%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1272 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">41.6*g</td> <td style="text-align: right;">19.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">98.3g</td> <td style="text-align: right;">45.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">32.3*g</td> <td style="text-align: right;">33.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.1*g</td> <td style="text-align: right;">7.5%Cal</td> </tr> </table>	Nutrients	Target		Cals...	859	132%	Sodium.	1272 mg		Prot	41.6*g	19.4%Cal	Carb	98.3g	45.8%Cal	T.Fat	32.3*g	33.9%Cal	S.Fat	7.1*g	7.5%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;">1057</td> <td style="text-align: right;">163%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1493 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">61.1*g</td> <td style="text-align: right;">23.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">90.2g</td> <td style="text-align: right;">34.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">50.1*g</td> <td style="text-align: right;">42.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">18.0*g</td> <td style="text-align: right;">15.3%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1057	163%	Sodium.	1493 mg		Prot	61.1*g	23.1%Cal	Carb	90.2g	34.1%Cal	T.Fat	50.1*g	42.6%Cal	S.Fat	18.0*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;">960</td> <td style="text-align: right;">148%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1608 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">44.2*g</td> <td style="text-align: right;">18.4%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">129.8g</td> <td style="text-align: right;">54.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.9*g</td> <td style="text-align: right;">29.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.2*g</td> <td style="text-align: right;">9.6%Cal</td> </tr> </table>	Nutrients	Target		Cals...	960	148%	Sodium.	1608 mg		Prot	44.2*g	18.4%Cal	Carb	129.8g	54.1%Cal	T.Fat	30.9*g	29.0%Cal	S.Fat	10.2*g	9.6%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;">651</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1834 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.6*g</td> <td style="text-align: right;">20.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">82.9g</td> <td style="text-align: right;">51.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">21.8*g</td> <td style="text-align: right;">30.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.9*g</td> <td style="text-align: right;">15.1%Cal</td> </tr> </table>	Nutrients	Target		Cals...	651	100%	Sodium.	1834 mg		Prot	32.6*g	20.1%Cal	Carb	82.9g	51.0%Cal	T.Fat	21.8*g	30.2%Cal	S.Fat	10.9*g	15.1%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;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </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
Nutrients	Target																																																																																																												
Cals...	859	132%																																																																																																											
Sodium.	1272 mg																																																																																																												
Prot	41.6*g	19.4%Cal																																																																																																											
Carb	98.3g	45.8%Cal																																																																																																											
T.Fat	32.3*g	33.9%Cal																																																																																																											
S.Fat	7.1*g	7.5%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	1057	163%																																																																																																											
Sodium.	1493 mg																																																																																																												
Prot	61.1*g	23.1%Cal																																																																																																											
Carb	90.2g	34.1%Cal																																																																																																											
T.Fat	50.1*g	42.6%Cal																																																																																																											
S.Fat	18.0*g	15.3%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	960	148%																																																																																																											
Sodium.	1608 mg																																																																																																												
Prot	44.2*g	18.4%Cal																																																																																																											
Carb	129.8g	54.1%Cal																																																																																																											
T.Fat	30.9*g	29.0%Cal																																																																																																											
S.Fat	10.2*g	9.6%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	651	100%																																																																																																											
Sodium.	1834 mg																																																																																																												
Prot	32.6*g	20.1%Cal																																																																																																											
Carb	82.9g	51.0%Cal																																																																																																											
T.Fat	21.8*g	30.2%Cal																																																																																																											
S.Fat	10.9*g	15.1%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																																																																																																											
Sep - 16  Chicken Nachos WG SPANISH RICE Refried Beans CORN COBBETT Mandarin Oranges Veg Fruit Bar Friday MILK - Variety	Sep - 17  Pepperoni/Cheese WG Roll Broccoli, Parmesan Carrots Honey Coins Strawberries & Bananas Veg Fruit Bar Tuesday MILK - Variety	Sep - 18  Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas CANTALOUPE Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety	Sep - 19  Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins Applesauce Cup Hot Roll WG Veg Fruit Bar Thursday MILK - Variety	Sep - 20  NO SCHOOL																																																																																																									
<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;">1073</td> <td style="text-align: right;">165%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1720 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">45.4*g</td> <td style="text-align: right;">16.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">154.3g</td> <td style="text-align: right;">57.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.2*g</td> <td style="text-align: right;">22.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.5*g</td> <td style="text-align: right;">4.6%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1073	165%	Sodium.	1720 mg		Prot	45.4*g	16.9%Cal	Carb	154.3g	57.5%Cal	T.Fat	27.2*g	22.8%Cal	S.Fat	5.5*g	4.6%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;">896</td> <td style="text-align: right;">138%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1506 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">44.0*g</td> <td style="text-align: right;">19.7%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">122.3g</td> <td style="text-align: right;">54.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">30.5*g</td> <td style="text-align: right;">30.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.8*g</td> <td style="text-align: right;">13.8%Cal</td> </tr> </table>	Nutrients	Target		Cals...	896	138%	Sodium.	1506 mg		Prot	44.0*g	19.7%Cal	Carb	122.3g	54.6%Cal	T.Fat	30.5*g	30.7%Cal	S.Fat	13.8*g	13.8%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;">872</td> <td style="text-align: right;">134%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1390 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">49.6*g</td> <td style="text-align: right;">22.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">118.3g</td> <td style="text-align: right;">54.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">23.3*g</td> <td style="text-align: right;">24.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.2*g</td> <td style="text-align: right;">7.4%Cal</td> </tr> </table>	Nutrients	Target		Cals...	872	134%	Sodium.	1390 mg		Prot	49.6*g	22.8%Cal	Carb	118.3g	54.3%Cal	T.Fat	23.3*g	24.0%Cal	S.Fat	7.2*g	7.4%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;">828</td> <td style="text-align: right;">127%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1343 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">31.3*g</td> <td style="text-align: right;">15.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">120.6g</td> <td style="text-align: right;">58.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">26.5*g</td> <td style="text-align: right;">28.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">10.1*g</td> <td style="text-align: right;">11.0%Cal</td> </tr> </table>	Nutrients	Target		Cals...	828	127%	Sodium.	1343 mg		Prot	31.3*g	15.1%Cal	Carb	120.6g	58.3%Cal	T.Fat	26.5*g	28.9%Cal	S.Fat	10.1*g	11.0%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;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </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
Nutrients	Target																																																																																																												
Cals...	1073	165%																																																																																																											
Sodium.	1720 mg																																																																																																												
Prot	45.4*g	16.9%Cal																																																																																																											
Carb	154.3g	57.5%Cal																																																																																																											
T.Fat	27.2*g	22.8%Cal																																																																																																											
S.Fat	5.5*g	4.6%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	896	138%																																																																																																											
Sodium.	1506 mg																																																																																																												
Prot	44.0*g	19.7%Cal																																																																																																											
Carb	122.3g	54.6%Cal																																																																																																											
T.Fat	30.5*g	30.7%Cal																																																																																																											
S.Fat	13.8*g	13.8%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	872	134%																																																																																																											
Sodium.	1390 mg																																																																																																												
Prot	49.6*g	22.8%Cal																																																																																																											
Carb	118.3g	54.3%Cal																																																																																																											
T.Fat	23.3*g	24.0%Cal																																																																																																											
S.Fat	7.2*g	7.4%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	828	127%																																																																																																											
Sodium.	1343 mg																																																																																																												
Prot	31.3*g	15.1%Cal																																																																																																											
Carb	120.6g	58.3%Cal																																																																																																											
T.Fat	26.5*g	28.9%Cal																																																																																																											
S.Fat	10.1*g	11.0%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																																																																																																											

**\*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

## ELEMENTARY PK LUNCH MENU 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 Veg Fruit Bar Monday MILK - Variety	Sep - 24  Hot Dog WG bun with chili Creamy Cole Slaw Baked Beans CORN COBBETT Strawberries Veg Fruit Bar Wednesda MILK - Variety	Sep - 25  BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Sep - 26  Chili Con Carne w Beans Toasted WG Cheese Sandwi Broccoli, Parmesan Sherbet, Luigi's , Orange Pears, Sliced Veg Fruit Bar Friday MILK - Variety	Sep - 27  NO SCHOOL
Nutrients            Target Cals...            857            132% Sodium.            1373 mg Prot 35.5*g       16.6%Cal Carb 124.1g       57.9%Cal T.Fat 25.6*g       26.9%Cal S.Fat 9.2*g        9.7%Cal	Nutrients            Target Cals...            873            134% Sodium.            1811 mg Prot 37.3*g       17.1%Cal Carb 128.8g       59.1%Cal T.Fat 26.4*g       27.2%Cal S.Fat 9.7*g        10.0%Cal	Nutrients            Target Cals...            1004*       154% 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*           144% 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...            0*              0% Sodium.            0* mg Prot 0.0*g        0.0%Cal Carb 0.0*g        0.0%Cal T.Fat 0.0*g        0.0%Cal S.Fat 0.0*g        0.0%Cal
Sep - 30  Chicken Patty WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Monday MILK - Variety				
Nutrients            Target Cals...            800*           123% 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.