

CABELL COUNTY SCHOOLS

HIGH SCHOOL SANDWICH LINE JANUARY 2019

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Jan - 7 Cheeseburger WG Bun Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams Carrots Honey Coins Peaches Grapes, Fresh Pudding, Chocolate MILK - Variety	Jan - 8 Italian Sub Broccoli, Parmesan CORN COBBETT Mandarin Oranges Strawberries & Bananas Cookie Choc Chip WW MILK - Variety	Jan - 9 BBQ Pork WG Bun Cheese, Cheddar, Cubes Sun Chips WG Creamy Cole Slaw Carrot Sticks Ranch Dip, FF Pears, Sliced Orange Slices MILK - Variety	Jan - 10 Chicken/Bacon RanchWG H Potatoes, Diced Hashbrown Red & Orange Peppers Ranch Dip, FF Apples, Hot/Cinnamon HONEYDEW MELON MILK - Variety	Jan - 11 Ham & CheeseWG Flatbrea Nacho Scoops WG Salsa/H Refried Beans Corn Jello w Fruit Mix Pineapple Tidbits MILK - Variety																																																																						
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Jan - 14 MEATBALL SUB Cheesy Potatoes Green Beans w Garlic Pears, Sliced Blueberry Shortcake Sherbet, Luigi's , Orange MILK - Variety	Jan - 15 Cheeseburger/Pretzel Bun Mustard, individual Baked Beans Broccoli, Parmesan KIWI Peaches Vanilla Pudding MILK - Variety	Jan - 16 CHICKEN PARMESAN WG S Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Mandarin Oranges CHOCOLEANA CAKE MILK - Variety	Jan - 17 Philly Steak/Cheese WGSan Quick Baked Potatoes Peas & Carrots Grapes, Fresh Peaches MILK - Variety	Jan - 18 Hot Dog WG bun with chili Creamy Cole Slaw Sweet Potato Puffs Strawberries & Bananas KIWI 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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Jan - 28 Cheeseburger WG Bun Potatoes, Red Roasted Baked Beans Apricot Cup Grapes, Fresh MILK - Variety	Jan - 29 BEEF VEGETABLE SOUP Hot Dog WG bun with chili Creamy Cole Slaw Celery Sticks w Wow Butter Peaches Orange Slices MILK - Variety	Jan - 30 Italian Sub Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Ice Cream Strawberries MILK - Variety	Jan - 31 Chicken Patty WG Bun Lettuce & Tomato BAKED POTATO Margarine, cup, indiv. MEXICALI CORN Churro, Raspberry Orange Slices Pineapple Tidbits MILK - Variety																																																																							

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

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CABELL COUNTY SCHOOLS
HIGH SCHOOL SANDWICH LINE JANUARY 2019

Monday			Tuesday			Wednesday			Thursday			Friday
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		
Cals...	837	100%	Cals...	913	107%	Cals...	1285	151%	Cals...	1028	121%	
Sodium.	1237 mg		Sodium.	1554 mg		Sodium.	1653 mg		Sodium.	1299 mg		
Prot	41.5g	19.8%Cal	Prot	38.3g	16.8%Cal	Prot	51.3g	16.0%Cal	Prot	44.4g	17.3%Cal	
Carb	102.2g	48.8%Cal	Carb	100.6g	44.1%Cal	Carb	156.6g	48.7%Cal	Carb	175.7g	68.4%Cal	
T.Fat	29.0g	31.2%Cal	T.Fat	41.4g	40.8%Cal	T.Fat	54.3g	38.0%Cal	T.Fat	27.1g	23.8%Cal	
S.Fat	11.6*g	12.5%Cal	S.Fat	13.3*g	13.1%Cal	S.Fat	14.1*g	9.9%Cal	S.Fat	5.9*g	5.2%Cal	

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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