

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL 2nd LUNCH LINE JANUARY 2019

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Jan - 7 Cheeseburger WG Bun Baked Fries Ranch Dip, FF Carrots Honey Coins Peaches Pudding, Chocolate MILK - Variety	Jan - 8 Pizza WG Pepperoni/Chees Broccoli, Parmesan CORN COBBETT Mandarin Oranges Cookie Choc Chip WW MILK - Variety	Jan - 9 BBQ Pork WG Bun Cheese, Cheddar, Cubes Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Pears, Sliced MILK - Variety	Jan - 10 Chicken/Bacon RanchWG H Potatoes, Diced Hashbrown Red & Orange Peppers Ranch Dip, FF Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Jan - 11 Ham & CheeseWG Flatbrea Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Veg Fruit Bar Friday MILK - Variety																																																																																																									
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Jan - 14 MEATBALL SUB Cheesy Potatoes Green Beans w Garlic Pears, Sliced Veg Fruit Bar Monday MILK - Variety	Jan - 15 Chicken Patty WG Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Tuesday MILK - Variety	Jan - 16 Pizza, White CA WG Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced CHOCOLEANA CAKE Veg Fruit Bar Wednesda MILK - Variety	Jan - 17 Philly Steak/Cheese WGSan Mashed Potatoes Peas & Carrots Grapes, Fresh Veg Fruit Bar Thursday MILK - Variety	Jan - 18 French WG Bread Cheesy/P Corn Cucumber Slices Ranch Dip, FF Strawberries & Bananas Veg Fruit Bar Friday MILK - Variety																																																																																																									

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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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T.Fat 29.7*g	30.7%Cal																																																																									
S.Fat 11.4*g	11.8%Cal																																																																									
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Sodium.	1563 mg																																																																									
Prot 38.1g	19.9%Cal																																																																									
Carb 122.5g	63.9%Cal																																																																									
T.Fat 16.4*g	19.3%Cal																																																																									
S.Fat 7.2*g	8.5%Cal																																																																									
<p>Jan - 21</p> <p>NO SCHOOL</p>	<p>Jan - 22</p> <p>Steak/CheeseWG Hoagie Potato Rounds ketchup, indiv 7 grams Salad Tossed Romaine w/R FRUIT COCKTAIL Veg Fruit Bar Tuesday MILK - Variety</p>	<p>Jan - 23</p> <p>Taco Tostitos To Go Lettuce & Tomato Refried Beans Broccoli, Parmesan Grapes, Fresh Veg Fruit Bar Wednesda MILK - Variety</p>	<p>Jan - 24</p> <p>Turkey & Cheese WG hoagi Lettuce & Tomato Quick Baked Potatoes Carrots Honey Coins Pears, Sliced Veg Fruit Bar Thursday MILK - Variety</p>	<p>Jan - 25</p> <p>Pizza WG Pepperoni/Che Flat Broccoli, Parmesan Red & Orange Peppers Ranch Dip, FF Peaches Veg Fruit Bar Friday MILK - Variety</p>																																																																						
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<p>Jan - 28</p> <p>Cheeseburger WG Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Monday MILK - Variety</p>	<p>Jan - 29</p> <p>BEEF VEGETABLE SOUP Hot Dog WG bun with chili Celery Sticks w Wow Butter FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety</p>	<p>Jan - 30</p> <p>Pizza WG Pepperoni/Chees Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Ice Cream Veg Fruit Bar Wednesda MILK - Variety</p>	<p>Jan - 31</p> <p>Ham & Cheese WG Croissa Lettuce & Tomato Chex Mix WG MEXICAN CORN Churro, Raspberry Orange Slices Veg Fruit Bar Thursday MILK - Variety</p>																																																																							
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CABELL COUNTY SCHOOLS
MIDDLE SCHOOL 2nd LUNCH LINE JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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USDA IS AN EQUAL OPPORTUNITY PROVIDER

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