

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL 2nd LUNCH LINE NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
			Nov - 1 Ham & CheeseWG Flatbrea Rice, Spanish WG Refried Beans CORN COBBETT Jello w Fruit Mix Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 2 Cheeseburger WG Bun Chex Mix WG Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday Middle MILK - Variety																																																																						
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Nov - 5 Steak/CheeseWG Hoagie Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Blueberry Shortcake Veg Fruit Bar Monday Midd MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 BBQ Pork WG Bun Cheese, Cheddar, Cubes Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Nov - 8 Chicken/Bacon RanchWG H Potatoes, Diced Hashbrown Red & Orange Peppers Ranch Dip, FF Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 9 MEATBALL SUB Broccoli, Parmesan Baked Beans Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle MILK - Variety																																																																						
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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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Nov - 12 NO SCHOOL	Nov - 13 Chicken Patty WG Bun Sun Chips WG Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday Midd MILK - Variety	Nov - 14 Italian Sub Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Nov - 15 Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Pumpkin or Apple Pie/Top Hot Roll WG MILK - Variety	Nov - 16 Ranch Chicken/Cheddar Wr Munch WG Snack Mix Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Veg Fruit Bar Friday Middle MILK - Variety																																																																																																																																																																																																																		
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Nov - 26 Steak/CheeseWG Hoagie Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Pineapple Tidbits MILK - Variety	Nov - 27 Ham & Cheese WG Croissa Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Mandarin Oranges MILK - Variety	Nov - 28 TURKEY SUB Lettuce & Tomato Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL Jello MILK - Variety	Nov - 29 Pizza WG Peppero/Che Flat Caesar Salad w Ranch Dres Celery Sticks w Wow Butter Pears, Sliced Veg Fruit Bar Thursday MILK - Variety	Nov - 30 Chili Con Carne w Beans Toasted Cheese Sandwich Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday MILK - Variety																																																																																																																																																																																																																		

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CABELL COUNTY SCHOOLS

MIDDLE SCHOOL 2nd LUNCH LINE NOVEMBER 2018

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	820	117%	Cals...	855	122%	Cals...	736	105%	Cals...	916	131%	Cals...	730	104%
Sodium.	1014 mg		Sodium.	1622 mg		Sodium.	1628 mg		Sodium.	1735 mg		Sodium.	1695 mg	
Prot	34.6g	16.9%Cal	Prot	40.7g	19.0%Cal	Prot	32.1g	17.5%Cal	Prot	44.9g	19.6%Cal	Prot	39.3g	21.5%Cal
Carb	113.1g	55.2%Cal	Carb	111.7g	52.2%Cal	Carb	116.6g	63.4%Cal	Carb	107.3g	46.9%Cal	Carb	82.6g	45.2%Cal
T.Fat	27.9g	30.7%Cal	T.Fat	28.1g	29.6%Cal	T.Fat	17.0g	20.8%Cal	T.Fat	33.9g	33.3%Cal	T.Fat	27.6g	34.0%Cal
S.Fat	12.0*g	13.2%Cal	S.Fat	2.8*g	2.9%Cal	S.Fat	6.4*g	7.8%Cal	S.Fat	11.0*g	10.8%Cal	S.Fat	13.3*g	16.4%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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