

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Beefy Nachos WG Rice, Spanish WG Refried Beans CORN COBBETT Jello w Fruit Mix Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 2 Pepperoni/Cheese WG Roll Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday Middle MILK - Variety
Nov - 5 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Blueberry Shortcake Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Nov - 8 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 9 Ham/Ched Cheese WG Roll Broccoli, Parmesan Baked Beans Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle MILK - Variety
Nov - 12 NO SCHOOL	Nov - 13 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday Midd MILK - Variety	Nov - 14 Hot Dog WG bun with chili Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL 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 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Texas Toast Veg Fruit Bar Friday Middle MILK - Variety
Nov - 19 NO SCHOOL	Nov - 20 NO SCHOOL	Nov - 21 NO SCHOOL	Nov - 22 NO SCHOOL	Nov - 23 NO SCHOOL

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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MIDDLE SCHOOL MAIN LINE NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
Macaroni and Cheese Chicken Fries Carrots Honey Coins Peas Pineapple Tidbits MILK - Variety	Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Mandarin Oranges MILK - Variety	Baked Steak with Gravy Mashed Potatoes Green Beans w Garlic FRUIT COCKTAIL Hot Roll WG Jello MILK - Variety	CHICKEN ALFREDO WITH A Caesar Salad w Ranch Dres Green Beans w Garlic Pears, Sliced Texas Toast Veg Fruit Bar Thursday Mid MILK - Variety	Chili Con Carne w Beans Corndog WG Mustard, individual Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday Middle MILK - Variety

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

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