

CABELL COUNTY SCHOOLS

CABELL COUNTY SUPPER MENU SEPTEMBER 2018

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Aug 30, 2018

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			Aug - 30 Combo Sandwich WG BUN PRETZELS, FISH SHAPED BROCCOLI,raw Ranch Dip, FF APPLE, MED. MILK - Variety	Aug - 31 Ham & CheeseWG Hoagie CRACKERS, CHEDDAR FISH Carrot Sticks Ranch Dip, FF Grapes, Fresh 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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S.Fat	9.4*g 12.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	546 91%																																																																									
Sodium.	1266 mg																																																																									
Prot	26.7g 19.6%Cal																																																																									
Carb	76.1g 55.7%Cal																																																																									
T.Fat	19.1g 31.5%Cal																																																																									
S.Fat	7.2*g 11.8%Cal																																																																									
Nutrients	Target																																																																									
Cals...	552 92%																																																																									
Sodium.	988 mg																																																																									
Prot	21.2g 15.4%Cal																																																																									
Carb	70.2g 50.8%Cal																																																																									
T.Fat	8.4g 13.6%Cal																																																																									
S.Fat	3.9*g 6.4%Cal																																																																									
Nutrients	Target																																																																									
Cals...	827 118%																																																																									
Sodium.	1407 mg																																																																									
Prot	40.2g 19.4%Cal																																																																									
Carb	92.7g 44.8%Cal																																																																									
T.Fat	33.1g 36.0%Cal																																																																									
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Nutrients	Target																																																																									
Cals...	571 95%																																																																									
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Prot	34.3g 24.0%Cal																																																																									
Carb	65.5g 45.9%Cal																																																																									
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Sep - 24	Sep - 25	Sep - 26	Sep - 27	Sep - 28																																																																						
Combo Sandwich WG BUN Nacho Scoops WG Salsa/H Carrot Sticks w Dip Grapes, Fresh MILK - Variety	Ham & CheeseWG Flatbrea CRACKERS, CHEDDAR FISH Cucumber Slices Ranch Dip, FF HONEYDEW MELON MILK - Variety	Italian Sub SUNFLOWER SEEDS Cucumber Slices Ranch Dip, FF Orange Slices MILK - Variety	BOLOGNA & CHEESE SAN PRETZELS, FISH SHAPED Carrot Sticks w Dip FRESH APPLE WEDGES MILK - Variety	Ham & CheeseWG Hoagie Nacho Chips w Hummus Celery Sticks Ranch Dip, FF BANANA, SMALL MILK - Variety																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>586 98%</td> </tr> <tr> <td>Sodium.</td> <td>1095 mg</td> </tr> <tr> <td>Prot</td> <td>30.2g 20.6%Cal</td> </tr> <tr> <td>Carb</td> <td>84.9g 57.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td>15.8g 24.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.7*g 7.3%Cal</td> </tr> </table>	Nutrients	Target	Cals...	586 98%	Sodium.	1095 mg	Prot	30.2g 20.6%Cal	Carb	84.9g 57.9%Cal	T.Fat	15.8g 24.2%Cal	S.Fat	4.7*g 7.3%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>424 71%</td> </tr> <tr> <td>Sodium.</td> <td>844 mg</td> </tr> <tr> <td>Prot</td> <td>15.5g 14.6%Cal</td> </tr> <tr> <td>Carb</td> <td>70.6g 66.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td>9.7g 20.6%Cal</td> </tr> <tr> <td>S.Fat</td> <td>2.1*g 4.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	424 71%	Sodium.	844 mg	Prot	15.5g 14.6%Cal	Carb	70.6g 66.7%Cal	T.Fat	9.7g 20.6%Cal	S.Fat	2.1*g 4.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>847 121%</td> </tr> <tr> <td>Sodium.</td> <td>1364 mg</td> </tr> <tr> <td>Prot</td> <td>44.2g 20.9%Cal</td> </tr> <tr> <td>Carb</td> <td>80.9g 38.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>39.4g 41.9%Cal</td> </tr> <tr> <td>S.Fat</td> <td>10.8*g 11.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	847 121%	Sodium.	1364 mg	Prot	44.2g 20.9%Cal	Carb	80.9g 38.2%Cal	T.Fat	39.4g 41.9%Cal	S.Fat	10.8*g 11.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>644 100%</td> </tr> <tr> <td>Sodium.</td> <td>1514 mg</td> </tr> <tr> <td>Prot</td> <td>26.6g 16.5%Cal</td> </tr> <tr> <td>Carb</td> <td>88.9g 55.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>21.4g 29.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td>8.9*g 12.5%Cal</td> </tr> </table>	Nutrients	Target	Cals...	644 100%	Sodium.	1514 mg	Prot	26.6g 16.5%Cal	Carb	88.9g 55.2%Cal	T.Fat	21.4g 29.8%Cal	S.Fat	8.9*g 12.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals...</td> <td>701 100%</td> </tr> <tr> <td>Sodium.</td> <td>1406 mg</td> </tr> <tr> <td>Prot</td> <td>38.2g 21.8%Cal</td> </tr> <tr> <td>Carb</td> <td>108.8g 62.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td>13.4g 17.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td>3.4*g 4.4%Cal</td> </tr> </table>	Nutrients	Target	Cals...	701 100%	Sodium.	1406 mg	Prot	38.2g 21.8%Cal	Carb	108.8g 62.1%Cal	T.Fat	13.4g 17.2%Cal	S.Fat	3.4*g 4.4%Cal
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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.