

# CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
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Jan - 14  MEATBALL SUB PRETZELS, FISH SHAPED Tomatoes, Cherry Cucumber Slices Ranch Dip, FF Orange Slices Pears, Cup MILK - Variety	Jan - 15  Chicken Patty WG Bun Baked Beans Baked Fries ketchup, indiv 7 grams KIWI FRESH APPLE WEDGES MILK - Variety	Jan - 16  Ranch Chicken/Cheddar Wr Munch WG Snack Mix Carrot Sticks Tomatoes, Cherry Ranch Dip, FF Mandarin Oranges, cup Grapes, Fresh MILK - Variety	Jan - 17  Philly Steak/Cheese WGSan CRACKERS, CHEDDAR FISH Red & Orange Peppers Tomatoes, Cherry Ranch Dip, FF APPLE, MED. Grapes, Fresh MILK - Variety	Jan - 18  Cheeseburger WG Bun Chex Mix WG BROCCOLI,raw Cucumber Slices Ranch Dip, FF Strawberries Pineapple Tidbits 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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<p>Jan - 21</p> <p>NO SCHOOL</p>	<p>Jan - 22</p> <p>Steak/CheeseWG Hoagie Sun Chips WG Carrot Sticks Cucumber Slices Ranch Dip, FF Orange, Fresh Strawberry Cup MILK - Variety</p>	<p>Jan - 23</p> <p>Taco Tostitos To Go Refried Beans Red &amp; Orange Peppers Ranch Dip, FF Grapes, Fresh APPLE, MED. MILK - Variety</p>	<p>Jan - 24</p> <p>Turkey &amp; Cheese WG hoagi Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES PEARS,FRESH MILK - Variety</p>	<p>Jan - 25</p> <p>Pizza WG Peppero/Che Flat Nacho Scoops WG Salsa/H BROCCOLI,raw Tomatoes, Cherry FRESH APPLE WEDGES PEACHES CUP MILK - Variety</p>																																																																						
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<p>Jan - 28</p> <p>Cheeseburger WG Bun Baked Fries ketchup, indiv 7 grams Baked Beans Apricot Cup Grapes, Fresh MILK - Variety</p>	<p>Jan - 29</p> <p>Hot Dog WG bun with chili PRETZELS, FISH SHAPED Celery Sticks Wow Butter BROCCOLI,raw Ranch Dip, FF APPLE, MED. Orange, Fresh MILK - Variety</p>	<p>Jan - 30</p> <p>French WG Bread Cheesy/P Munch WG Snack Mix Red &amp; Yellow Peppers Carrot Sticks Ranch Dip, FF Mandarin Oranges, cup BANANA, SMALL MILK - Variety</p>	<p>Jan - 31</p> <p>Chicken Patty WG Bun Dorito Chips, Nacho Chees Cucumber &amp; Broccoli Tomatoes, Cherry Ranch Dip, FF FRESH APPLE WEDGES Orange Slices MILK - Variety</p>																																																																							

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

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# CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 830 100% Sodium. 1258 mg Prot 40.8g 19.6%Cal Carb 102.0g 49.1%Cal T.Fat 28.2*g 30.6%Cal S.Fat 11.8*g 12.8%Cal	Nutrients Target Cals... 929 109% Sodium. 1683 mg Prot 34.8g 15.0%Cal Carb 113.6g 48.9%Cal T.Fat 39.2*g 38.0%Cal S.Fat 11.8*g 11.5%Cal	Nutrients Target Cals... 835 100% Sodium. 1525 mg Prot 38.7g 18.6%Cal Carb 130.9g 62.7%Cal T.Fat 19.3*g 20.8%Cal S.Fat 7.1*g 7.7%Cal	Nutrients Target Cals... 813 100% Sodium. 1320 mg Prot 35.6g 17.5%Cal Carb 120.0g 59.1%Cal T.Fat 23.3*g 25.8%Cal S.Fat 3.9*g 4.4%Cal	

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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