

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Cheeseburger/Pretzel Bun CRACKERS, CHEDDAR FISH Baked Beans Cucumber Slices Ranch Dip, FF Orange, Fresh Strawberry Cup MILK - Variety	Dec - 4 Hot Dog WG bun with chili Chex Mix WG BROCCOLI,raw Tomatoes, Cherry Ranch Dip, FF Pineapple Tidbits Orange, Fresh MILK - Variety	Dec - 5 Italian Sub Sun Chips WG Carrot Sticks Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES PEARS,FRESH MILK - Variety	Dec - 6 MEATBALL SUB PRETZELS, FISH SHAPED Cucumber Slices Carrot Sticks w Dip BANANA, SMALL Mandarin Oranges, cup MILK - Variety	Dec - 7 Chicken/Bacon RanchWG H Baked Fries ketchup, indiv 7 grams Celery Sticks w Wow Butter FRESH PEAR APPLE, MED. MILK - Variety
Nutrients Target Cals... 936 110% Sodium. 1739 mg Prot 44.1g 18.8%Cal Carb 118.1g 50.5%Cal T.Fat 31.7g 30.5%Cal S.Fat 13.1g 12.6%Cal	Nutrients Target Cals... 755 100% Sodium. 1442 mg Prot 28.7g 15.2%Cal Carb 111.1g 58.9%Cal T.Fat 24.7g 29.5%Cal S.Fat 9.2g 11.0%Cal	Nutrients Target Cals... 989 116% Sodium. 1308 mg Prot 40.5g 16.4%Cal Carb 124.0g 50.2%Cal T.Fat 26.4g 24.0%Cal S.Fat 9.4g 8.6%Cal	Nutrients Target Cals... 844 100% Sodium. 1464 mg Prot 42.7g 20.2%Cal Carb 124.3g 58.9%Cal T.Fat 20.7g 22.0%Cal S.Fat 2.7*g 2.9%Cal	Nutrients Target Cals... 1046 123% Sodium. 1257 mg Prot 48.4g 18.5%Cal Carb 133.0g 50.8%Cal T.Fat 36.0g 31.0%Cal S.Fat 8.9*g 7.7%Cal
Dec - 10 BBQ Pork WG Bun Cheese, Cheddar, Cubes Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Orange, Fresh MILK - Variety	Dec - 11 French Bread WGCheesy Pi Chex Mix WG Refried Beans Red & Yellow Peppers Ranch Dip, FF KIWI FRESH APPLE WEDGES MILK - Variety	Dec - 12 Philly Steak/Cheese WGSan CRACKERS, CHEDDAR FISH Cucumber Slices Ranch Dip, FF Tomatoes, Cherry Grapes, Fresh Strawberry Cup MILK - Variety	Dec - 13 BBQ Chicken WG Flatbread PRETZELS, FISH SHAPED Red & Orange Peppers Celery Sticks w Wow Butter BANANA, SMALL Grapes, Fresh MILK - Variety	Dec - 14 Turkey & Cheese WG hoagi Nacho Scoops WG Salsa/H CELERY/CARROTS BROCCOLI,raw Ranch Dip, FF Mandarin Oranges, cup APPLE, MED. MILK - Variety
Nutrients Target Cals... 847 100% Sodium. 1536 mg Prot 41.8g 19.7%Cal Carb 123.8g 58.5%Cal T.Fat 24.2g 25.7%Cal S.Fat 9.4*g 10.0%Cal	Nutrients Target Cals... 872 103% Sodium. 1678 mg Prot 41.2g 18.9%Cal Carb 143.6g 65.8%Cal T.Fat 15.9*g 16.4%Cal S.Fat 5.9*g 6.1%Cal	Nutrients Target Cals... 795 100% Sodium. 973 mg Prot 41.7g 21.0%Cal Carb 90.1g 45.3%Cal T.Fat 30.9*g 35.0%Cal S.Fat 11.5*g 13.1%Cal	Nutrients Target Cals... 807 100% Sodium. 1152 mg Prot 39.3g 19.5%Cal Carb 101.5g 50.3%Cal T.Fat 27.0*g 30.1%Cal S.Fat 5.9*g 6.6%Cal	Nutrients Target Cals... 830 100% Sodium. 1445 mg Prot 38.8g 18.7%Cal Carb 135.4g 65.3%Cal T.Fat 17.0*g 18.4%Cal S.Fat 5.3*g 5.8%Cal

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.

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17 Steak/CheeseWG Hoagie PRETZELS, FISH SHAPED Tomatoes, Cherry Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Grapes, Fresh MILK - Variety	Dec - 18 Chicken Patty WG Bun Nacho Scoops WG Salsa/H Baked Beans BROCCOLI,raw Ranch Dip, FF Apricot Cup FRESH APPLE WEDGES MILK - Variety	Dec - 19 Sriracha Chicken Wrap Baked Fries ketchup, indiv 7 grams Tomatoes, Cherry Ranch Dip, FF Mandarin Oranges, cup Grapes, Fresh MILK - Variety	Dec - 20 Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Hot Roll WG TANGERINE PEACHES CUP Red Velvet Cookie MILK - Variety	Dec - 21 Pizza WG Peppero/Che Flat Munch WG Snack Mix Carrot Sticks Cucumber Slices Ranch Dip, FF Orange, Fresh Pineapple Tidbits MILK - Variety
Nutrients Target Cals... 751 100% Sodium. 1331 mg Prot 34.4g 18.3%Cal Carb 102.2g 54.5%Cal T.Fat 24.8g 29.8%Cal S.Fat 9.7g 11.6%Cal	Nutrients Target Cals... 1010 119% Sodium. 1781 mg Prot 47.3g 18.7%Cal Carb 152.4g 60.3%Cal T.Fat 26.8g 23.8%Cal S.Fat 5.6g 5.0%Cal	Nutrients Target Cals... 586 78% Sodium. 1118 mg Prot 69.0g 47.1%Cal Carb 88.9g 60.7%Cal T.Fat 9.7g 14.8%Cal S.Fat 2.5g 3.8%Cal	Nutrients Target Cals... 1134 133% Sodium. 2224 mg Prot 45.2g 16.0%Cal Carb 167.4g 59.0%Cal T.Fat 33.9g 26.9%Cal S.Fat 12.4g 9.9%Cal	Nutrients Target Cals... 757 100% Sodium. 1473 mg Prot 35.9g 18.9%Cal Carb 115.2g 60.9%Cal T.Fat 18.6g 22.1%Cal S.Fat 6.6g 7.8%Cal
Dec - 24 NO SCHOOL	Dec - 25 NO SCHOOL	Dec - 26 NO SCHOOL	Dec - 27 NO SCHOOL	Dec - 28 NO SCHOOL
Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal
Dec - 31 NO SCHOOL				
Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0g 0.0%Cal				

USDA IS AN EQUAL OPPORTUNITY PROVIDER

***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.**

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