

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Dec - 3 Chicken Patty WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Baked Beans PEACHES CUP Veg Fruit Bar Monday MILK - Variety	Dec - 4 BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety	Dec - 5 Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Hot Roll WG Ice Cream Veg Fruit Bar Wednesda MILK - Variety	Dec - 6 Pepperoni/Cheese WG Roll Broccoli, Parmesan Cucumber Slices Ranch Dip, FF Pineapple Slices Veg Fruit Bar Thursday Mid MILK - Variety	Dec - 7 Ham Diced & Cheese WG FI Nacho Scoops WG Salsa/H CORN COBBETT Celery Sticks w Wow Butter Pears, Sliced Veg Fruit Bar Friday Middle MILK - Variety																																																																						
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Dec - 10 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Monday Midd MILK - Variety	Dec - 11 Beefy Nachos WG SPANISH RICE Refried Beans Corn Red & Orange Peppers KIWI Veg Fruit Bar Tuesday Midd MILK - Variety	Dec - 12 CREAMED TURKEY Texas Toast Mashed Potatoes Carrots Honey Coins Blueberry Shortcake Veg Fruit Bar Wed Middle MILK - Variety	Dec - 13 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Dec - 14 Pig N Blanket (www) Broccoli, Parmesan Corn Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle MILK - Variety																																																																						
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CABELL COUNTY SCHOOLS

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Dec - 17 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Grapes, Fresh Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Dec - 18 Cheeseburger WG Bun Lettuce & Tomato Baked Beans CORN COBBETT Carrot Sticks Strawberries & Bananas Veg Fruit Bar Tuesday Midd MILK - Variety	Dec - 19 Hot Dog WG bun with chili Creamy Cole Slaw Baked Fries ketchup, indiv 7 grams FRUIT COCKTAIL Veg Fruit Bar Wed Middle 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 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 821* 100% Sodium. 965* mg Prot 37.4*g 18.2%Cal Carb 93.9*g 45.7%Cal T.Fat 33.3*g 36.5%Cal S.Fat 10.9*g 12.0%Cal	Nutrients Target Cals... 1045* 123% Sodium. 1386* mg Prot 47.0*g 18.0%Cal Carb 157.3*g 60.2%Cal T.Fat 29.3*g 25.3%Cal S.Fat 11.6*g 10.0%Cal	Nutrients Target Cals... 708* 94% Sodium. 1340* mg Prot 25.7*g 14.5%Cal Carb 95.1*g 53.8%Cal T.Fat 25.9*g 33.0%Cal S.Fat 9.7*g 12.4%Cal	Nutrients Target Cals... 1134* 133% Sodium. 2224* mg Prot 45.2*g 16.0%Cal Carb 167.4*g 59.0%Cal T.Fat 33.9*g 26.9%Cal S.Fat 12.4*g 9.9%Cal	Nutrients Target Cals... 1004* 118% Sodium. 1289* mg Prot 46.6*g 18.5%Cal Carb 148.7*g 59.2%Cal T.Fat 27.3*g 24.4%Cal S.Fat 9.1*g 8.2%Cal
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