

CABELL COUNTY SCHOOLS

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Jan - 7 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Peaches Hot Roll WG Pudding, Chocolate MILK - Variety	Jan - 8 Beef a Roni WG Broccoli, Parmesan CORN COBBETT Mandarin Oranges Hot Roll WG Cookie Choc Chip WW MILK - Variety	Jan - 9 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF Pears, Sliced MILK - Variety	Jan - 10 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Jan - 11 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Veg Fruit Bar Friday MILK - Variety																																																																						
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Jan - 14 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Hot Roll WG Veg Fruit Bar Monday MILK - Variety	Jan - 15 Hamburger on Pretzel Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Tuesday MILK - Variety	Jan - 16 Spaghetti WG w Meat Sauc Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Hot Roll WG CHOCOLEANA CAKE Veg Fruit Bar Wednesda MILK - Variety	Jan - 17 CREAMED TURKEY Texas Toast Mashed Potatoes Peas & Carrots Grapes, Fresh Scooby Graham WG Veg Fruit Bar Thursday MILK - Variety	Jan - 18 Pepperoni/Cheese WG Roll Corn Cucumber Slices Red & Orange Peppers Ranch Dip, FF Strawberries & Bananas Veg Fruit Bar Friday 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>Macaroni and Cheese Chicken Nuggets Salad Tossed Romaine w/R Green Beans w Garlic FRUIT COCKTAIL Veg Fruit Bar Tuesday MILK - Variety</p>	<p>Jan - 23</p> <p>Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Red & Orange Peppers Grapes, Fresh Veg Fruit Bar Wednesda MILK - Variety</p>	<p>Jan - 24</p> <p>Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Thursday MILK - Variety</p>	<p>Jan - 25</p> <p>Chili Con Carne w Beans Corndog WG Mustard, individual Broccoli, Parmesan Peaches Veg Fruit Bar Friday MILK - Variety</p>																																																																						
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<p>Jan - 28</p> <p>Chicken Patty WG Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Monday MILK - Variety</p>	<p>Jan - 29</p> <p>BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Celery Sticks w Wow Butter FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety</p>	<p>Jan - 30</p> <p>Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Ice Cream Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety</p>	<p>Jan - 31</p> <p>Mexican Cuisine Menu Taco, Beef & Cheese Crispitos Chicken & Chee Lettuce & Tomato SPANISH RICE MEXICAN CORN Churro, Raspberry Orange Slices Veg Fruit Bar Thursday 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		Nutrients	Target		Nutrients	Target		Nutrients	Target				
Cals...	926*	109%	Cals...	866*	102%	Cals...	1318*	155%	Cals...	1234*	145%			
Sodium.	1741*	mg	Sodium.	1790*	mg	Sodium.	1637*	mg	Sodium.	1572*	mg			
Prot	44.3*g	19.1%Cal	Prot	38.8*g	17.9%Cal	Prot	51.0*g	15.5%Cal	Prot	52.9*g	17.1%Cal			
Carb	140.3*g	60.6%Cal	Carb	98.2*g	45.4%Cal	Carb	179.6*g	54.5%Cal	Carb	182.6*g	59.2%Cal			
T.Fat	21.7*g	21.1%Cal	T.Fat	36.0*g	37.4%Cal	T.Fat	47.0*g	32.1%Cal	T.Fat	40.8*g	29.7%Cal			
S.Fat	5.0*g	4.9%Cal	S.Fat	13.7*g	14.2%Cal	S.Fat	10.7*g	7.3%Cal	S.Fat	12.5*g	9.2%Cal			

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