

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 Pizza WG Pepperoni/Chees Broccoli, Parmesan CORN COBBETT Mandarin Oranges 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 Veg Fruit Bar Thursday MILK - Variety	Jan - 18 Pepperoni/Cheese WG Roll Corn Cucumber Slices 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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Sodium.	1322* mg																																																																									
Prot	29.3*g 20.5%Cal																																																																									
Carb	89.5*g 62.7%Cal																																																																									
T.Fat	9.5*g 15.0%Cal																																																																									
S.Fat	2.8*g 4.4%Cal																																																																									
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Cals...	836* 129%																																																																									
Sodium.	1727* mg																																																																									
Prot	39.8*g 19.0%Cal																																																																									
Carb	109.3*g 52.3%Cal																																																																									
T.Fat	30.4*g 32.8%Cal																																																																									
S.Fat	13.3*g 14.4%Cal																																																																									
<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 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 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*	Cals...	866*	Cals...	1234*	Cals...	1124*		
	143%		133%		190%		173%		
Sodium.	1741* mg	Sodium.	1790* mg	Sodium.	1539* mg	Sodium.	1369* mg		
Prot	44.3*g	Prot	38.8*g	Prot	48.8*g	Prot	50.2*g		
	19.1%Cal		17.9%Cal		15.8%Cal		17.9%Cal		
Carb	140.3*g	Carb	98.2*g	Carb	165.2*g	Carb	160.7*g		
	60.6%Cal		45.4%Cal		53.6%Cal		57.2%Cal		
T.Fat	21.7*g	T.Fat	36.0*g	T.Fat	44.8*g	T.Fat	39.4*g		
	21.1%Cal		37.4%Cal		32.7%Cal		31.6%Cal		
S.Fat	5.0*g	S.Fat	13.7*g	S.Fat	10.4*g	S.Fat	12.3*g		
	4.9%Cal		14.2%Cal		7.6%Cal		9.9%Cal		

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