

CABELL COUNTY SCHOOLS

HIGH SCHOOL LUNCH MENU FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 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
Feb - 4 LASAGNA WITH GROUND Caesar Salad w Ranch Dres Peas CANTALOUPE Blueberry Shortcake Sherbet, Luigi's , Orange Hot Roll WG MILK - Variety	Feb - 5 Chicken Nuggets Mashed Potatoes Green Beans w Garlic Apricot Cup APPLE CRISP Grapes, Fresh Hot Roll WG MILK - Variety	Feb - 6 Pepperoni/Cheese WG Roll Broccoli, Parmesan Corn Red & Orange Peppers Strawberries & Bananas Mandarin Oranges MILK - Variety	Feb - 7 Chili Con Carne w Beans CRACKERS, WG Corndog WG Mustard, individual Carrots Honey Coins Pears, Sliced Jello w Fruit Mix MILK - Variety	Feb - 8 Macaroni and Cheese Fish WG Bun Baked Beans CORN COBBETT Peaches HONEYDEW MELON MILK - Variety
Nutrients Target Cals... 1253 147% Sodium. 1365 mg Prot 63.8g 20.4%Cal Carb 191.3g 61.1%Cal T.Fat 29.2g 21.0%Cal S.Fat 9.6g 6.9%Cal	Nutrients Target Cals... 926 109% Sodium. 1259 mg Prot 34.9g 15.0%Cal Carb 129.8g 56.1%Cal T.Fat 30.0g 29.1%Cal S.Fat 7.4g 7.1%Cal	Nutrients Target Cals... 940 111% Sodium. 1407 mg Prot 47.7g 20.3%Cal Carb 129.4g 55.1%Cal T.Fat 32.4g 31.0%Cal S.Fat 14.2*g 13.6%Cal	Nutrients Target Cals... 1030 121% Sodium. 1380 mg Prot 37.5g 14.6%Cal Carb 153.6g 59.7%Cal T.Fat 23.7g 20.7%Cal S.Fat 7.9*g 6.9%Cal	Nutrients Target Cals... 1143 134% Sodium. 1584 mg Prot 59.0g 20.7%Cal Carb 174.1g 60.9%Cal T.Fat 29.8g 23.5%Cal S.Fat 10.1*g 7.9%Cal
Feb - 11 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Grapes, Fresh KIWI ROYAL BROWNIES Hot Roll WG MILK - Variety	Feb - 12 Chicken Chimichanga Rice, Spanish WG Refried Beans Broccoli, Parmesan Red & Orange Peppers Mandarin Oranges Pears, Sliced MILK - Variety	Feb - 13 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Peas FRUIT COCKTAIL PEACH CRISP Sherbet, Luigi's , Orange Hot Roll WG MILK - Variety	Feb - 14 Baked Steak with Gravy Mashed Potatoes Green Beans w Garlic Pears, Sliced Strawberries Valentine's Day SideKicks Hot Roll WG MILK - Variety	Feb - 15 BEEF VEGETABLE SOUP CRACKERS, SALTINE(4) Hot Dog WG bun with chili Creamy Cole Slaw Grapes, Fresh Pineapple Tidbits MILK - Variety

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

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<p>Feb - 18</p> <p>NO SCHOOL</p>	<p>Feb - 19</p> <p>CHICKEN ALFREDO WITH A Broccoli, Parmesan Carrots Honey Coins Peaches HONEYDEW MELON Breadstick WG Pudding, Chocolate MILK - Variety</p>	<p>Feb - 20</p> <p>BREAKFAST FOR LUNCH SCRAMBLED EGGS Biscuits and Gravy Sausage Pattie Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Orange Slices MILK - Variety</p>	<p>Feb - 21</p> <p>Beefy Nachos WG Rice, Spanish WG Refried Beans Corn BLUEBERRY TARTW/WHIPP CANTALOUPE MILK - Variety</p>	<p>Feb - 22</p> <p>Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Strawberries & Bananas Hot Roll WG MILK - Variety</p>																																																																						
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<p>Feb - 25</p> <p>Beef a Roni WG Caesar Salad w Ranch Dres Potatoes, Red Roasted FRUIT COCKTAIL Orange Slices Breadstick WG MILK - Variety</p>	<p>Feb - 26</p> <p>TURKEY AND DRESSING S Mashed Potatoes Green Beans w Garlic Apricot Cup KIWI APPLESAUCE CAKE Hot Roll WG MILK - Variety</p>	<p>Feb - 27</p> <p>Macaroni and Cheese Chicken Tenders Broccoli, Parmesan Carrots Honey Coins Strawberries & Bananas Peaches Hot Roll WG MILK - Variety</p>	<p>Feb - 28</p> <p>Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF Pears, Sliced Cheesecake Blueberry Tart Grapes, Fresh MILK - Variety</p>																																																																							

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