CABELL COUNTY SCHOOLS

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Page 1 CABELL COUNTY SUPPER MENU FEBRUARY 2019 Jan 30, 2					
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	Feb - 5	Feb - 6	Feb - 7	Feb - 8	
BOLOGNA & CHEESE SAN Nacho Scoops WG Salsa/H Cucumber Slices Ranch Dip, FF KIWI MILK - Variety	Ham and Cheese WG Bun CRACKERS, CHEDDAR FISH Celery Sticks Wow Butter FRESH APPLE WEDGES MILK - Variety	Italian Sub Chex Mix WG BROCCOLI, FRESH Ranch Dip, FF Orange Wedges MILK - Variety	Combo Sandwich WG BUN PRETZELS, FISH SHAPED Carrot Sticks Ranch Dip, FF CANTALOUPE MILK - Variety	Ham & Cheese WG Croissa Munch WG Snack Mix CELERY/CARROTS Ranch Dip, FF Orange Wedges MILK - Variety	
Nutrients Target Cals 666 100% Sodium. 1502 mg Prot 27.8g 16.7%Cal Carb 83.1g 49.9%Cal T.Fat 26.5g 35.8%Cal S.Fat 10.1g 13.7%Cal	Nutrients Target Cals 758 108% Sodium. 1197 mg Prot 35.6g 18.8%Cal Carb 92.7g 48.9%Cal T.Fat 28.1g 33.4%Cal S.Fat 7.6g 9.0%Cal	Nutrients Target Cals 849 121% Sodium. 1524 mg Prot 46.4g 21.9%Cal Carb 107.6g 50.7%Cal T.Fat 28.8g 30.6%Cal S.Fat 9.7g 10.3%Cal	Nutrients Target Cals 562 94% Sodium. 1399 mg Prot 29.9g 21.3%Cal Carb 90.2g 64.2%Cal T.Fat 10.6g 16.9%Cal S.Fat 3.5g 5.6%Cal	Nutrients Target Cals 638 100% Sodium. 1414 mg Prot 27.3g 17.1%Cal Carb 84.1g 52.7%Cal T.Fat 21.6g 30.5%Cal S.Fat 0.7*g 1.0%Cal	
Feb - 11	Feb - 12	Feb - 13	Feb - 14	Feb - 15	
BOLOGNA & CHEESE SAN Nacho Scoops WG Salsa/H CELERY/CARROTS Ranch Dip, FF FRESH APPLE WEDGES MILK - Variety	Turkey & Cheese WG hoagi Dorito Chips, Nacho Chees BROCCOLI, FRESH Ranch Dip, FF Grapes, Fresh MILK - Variety	Ranch Chicken/Cheddar Wr Nacho Scoops WG Salsa/H Red & Orange Peppers Ranch Dip, FF Mandarin Oranges, cup MILK - Variety	Combo Sandwich WG BUN Chex Mix WG Celery Sticks Wow Butter Grapes, Fresh MILK - Variety	Combo Sandwich WG BUN Sun Chips WG Cucumber Slices Ranch Dip, FF Orange Wedges MILK - Variety	
Nutrients Target Cals 711 102% Sodium. 1539 mg Prot 27.8g 15.6%Cal Carb 94.9g 53.4%Cal T.Fat 26.7g 33.8%Cal S.Fat 10.2*g 12.9%Cal	Nutrients Target Cals 665 100% Sodium. 1464 mg Prot 36.3g 21.8%Cal Carb 99.0g 59.5%Cal T.Fat 14.3g 19.3%Cal S.Fat 4.0*g 5.5%Cal	Nutrients Target Cals 634 100% Sodium. 1237 mg Prot 32.8g 20.7%Cal Carb 94.0g 59.3%Cal T.Fat 15.2g 21.6%Cal S.Fat 4.3*g 6.1%Cal	Nutrients Target Cals 722 103% Sodium. 1238 mg Prot 36.1g 20.0%Cal Carb 86.6g 48.0%Cal T.Fat 26.1g 32.5%Cal S.Fat 6.9*g 8.6%Cal	Nutrients Target Cals 578 96% Sodium. 1066 mg Prot 27.2g 18.8%Cal Carb 70.6g 48.8%Cal T.Fat 8.4g 13.1%Cal S.Fat 3.5*g 5.4%Cal	

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

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.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data.

CABELL COUNTY SCHOOLS

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Page 2	CABELL CO	Jan 30, 2019		
Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 18	Feb - 19	Feb - 20	Feb - 21	Feb - 22
NO SCHOOL	Turkey & Cheese WG hoagi Nacho Scoops WG Salsa/H Cucumber Slices Ranch Dip, FF CANTALOUPE MILK - Variety	Ham and Cheese WG Bun CRACKERS, CHEDDAR FISH CELERY/CARROTS Ranch Dip, FF Apricot Cup MILK - Variety	Combo Sandwich WG BUN Munch WG Snack Mix BROCCOLI, FRESH Ranch Dip, FF Grapes, Fresh MILK - Variety	Italian Sub PRETZELS, FISH SHAPED Carrot Sticks Ranch Dip, FF Mandarin Oranges, cup MILK - Variety
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 0.0*g 0.0%Cal	Nutrients Target Cals 672 100% Sodium. 1375 mg Prot 35.7g 21.2%Cal Carb 97.4g 57.9%Cal T.Fat 16.4g 22.0%Cal S.Fat 5.2*g 7.0%Cal	Nutrients Target Cals 569 95% Sodium. 1273 mg Prot 29.2g 20.5%Cal Carb 88.3g 62.0%Cal T.Fat 12.7g 20.1%Cal S.Fat 4.5*g 7.1%Cal	Nutrients Target Cals 575 96% Sodium. 1299 mg Prot 33.3g 23.1%Cal Carb 88.0g 61.2%Cal T.Fat 12.3g 19.2%Cal S.Fat 3.5*g 5.5%Cal	Nutrients Target Cals 813 116% Sodium. 1605 mg Prot 41.5g 20.4%Cal Carb 102.4g 50.4%Cal T.Fat 27.4g 30.3%Cal S.Fat 9.3*g 10.3%Cal
Feb - 25 Turkey & Cheese WG hoagi CRACKERS, CHEDDAR FISH Cucumber Slices Ranch Dip, FF Pineapple Tidbits MILK - Variety	Feb - 26 Combo Sandwich WG BUN PRETZELS, FISH SHAPED BROCCOLI, FRESH Ranch Dip, FF Grapes, Fresh MILK - Variety	Feb - 27 BOLOGNA & CHEESE SAN CRACKERS, CHEDDAR FISH Celery Sticks Wow Butter Applesauce Cup MILK - Variety	Feb - 28 Ham/Cheese WG Bread Nacho Scoops WG Salsa/H Red & Yellow Peppers Ranch Dip, FF PEACHES CUP MILK - Variety	
Nutrients Target Cals 647 100% Sodium. 1385 mg Prot 33.8g 20.9%Cal Carb 99.2g 61.3%Cal T.Fat 13.2g 18.4%Cal S.Fat 5.0*g 6.9%Cal	Nutrients Target Cals 555 93% Sodium. 1419 mg Prot 33.3g 24.0%Cal Carb 86.0g 62.0%Cal T.Fat 10.8g 17.5%Cal S.Fat 3.5*g 5.7%Cal	Nutrients Target Cals 818 117% Sodium. 1503 mg Prot 33.1g 16.2%Cal Carb 87.6g 42.9%Cal T.Fat 38.4g 42.3%Cal S.Fat 12.9*g 14.2%Cal	Nutrients Target Cals 593 99% Sodium. 1184 mg Prot 27.2g 18.3%Cal Carb 88.2g 59.5%Cal T.Fat 19.1g 29.1%Cal S.Fat 7.1*g 10.8%Cal	

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