

CABELL COUNTY SCHOOLS
HIGH SCHOOL GRAB N GO BREAKFAST
JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL	Jan - 2 NO SCHOOL	Jan - 3 NO SCHOOL	Jan - 4 NO SCHOOL
Jan - 7 Cereal to Go WG Bagel, Mini Strawberry Crea Sausage on Biscuit Breakfast Pizza WG Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Jan - 8 Cereal to Go WG Muffin, WG Berry Yogurt breakfast - 4 oz Egg/Cheese WG Croissant Chicken & Slider Bun WG Fruit Juice, Assorted PEACHES CUP BANANA, SMALL MILK - Variety	Jan - 9 Cereal to Go WG Snack Loaf, WG Blueberry Chicken & Slider Bun WG Sausage on Biscuit Cheese Stick Breakfast Fruit Juice, Assorted Apricot Cup BANANA, SMALL MILK - Variety	Jan - 10 Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Sausage Pancake WG Stick Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Jan - 11 Cereal to Go WG Muffin WG Chocolate Chip Egg/Ham/Cheese Wrap Chicken & Slider Bun WG Yogurt breakfast - 4 oz Orange, Fresh Fruit Juice, Assorted BANANA, SMALL MILK - Variety
Jan - 14 Cereal to Go WG MVP WG Low Fat Donut Sausage Pancake WG Stick Egg & Cheese Pretzel Bun Strawberry Cup Fruit Juice, Assorted BANANA, SMALL MILK - Variety	Jan - 15 Cereal to Go WG Waffles, Maple Mini WG Oatmeal Cup WG Cinnamo Sausage on Biscuit Fruit Juice, Assorted FRESH PEAR BANANA, SMALL MILK - Variety	Jan - 16 Cereal to Go WG Scooby Graham WG Wow Butter, Breakfast Egg/Cheese WG Bagel Chicken & Slider Bun WG Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Jan - 17 Cereal to Go WG Pancake WG Bites Cheese Stick Breakfast Sausage on Biscuit Breakfast Pizza WG BANANA, SMALL Orange, Fresh Fruit Juice, Assorted MILK - Variety	Jan - 18 Cereal to Go WG Bread, Zucchini WG Cheese, Cheddar Stick Brea Chicken & Slider Bun WG Egg/Ch/C.Bacon English M Fruit Juice, Assorted Strawberries BANANA, SMALL MILK - Variety
Jan - 21 NO SCHOOL	Jan - 22 Cereal to Go WG GRANOLA Yogurt breakfast - 4 oz Chicken & Slider Bun WG Egg/Canadian Bacon/WG C Fruit Juice, Assorted FRESH APPLE WEDGES BANANA, SMALL MILK - Variety	Jan - 23 Cereal to Go WG Muffin WG Chocolate Chip Yogurt breakfast - 4 oz Sausage on Biscuit Toasted Cheese Sandwich Fruit Juice, Assorted Apricot Cup BANANA, SMALL MILK - Variety	Jan - 24 Cereal to Go WG Pancake WG Bites Breakfast Pizza WG Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Jan - 25 Cereal to Go WG Snack Loaf, WG Blueberry Egg/Cheese WG Croissant Sausage Pancake WG Stick Fruit Juice, Assorted BANANA, SMALL Orange, Fresh 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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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 28 Cereal to Go WG Breakfast Tart Cheese Stick Breakfast Sausage Pancake WG Stick Toasted Cheese Sandwich Fruit Juice, Assorted PEACHES CUP BANANA, SMALL MILK - Variety	Jan - 29 Cereal to Go WG CEREAL BAR WG CINNAM Yogurt breakfast - 4 oz Chicken & Slider Bun WG Egg & Cheese Flat BreadW Fruit Juice, Assorted Strawberries BANANA, SMALL MILK - Variety	Jan - 30 Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Chicken & Slider Bun WG Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Jan - 31 Cereal to Go WG Muffin WG Chocolate Chip Egg/Ch/C.Bacon English M Sausage on Biscuit Fruit Juice, Assorted FRESH PEAR BANANA, SMALL MILK - Variety	

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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