

**CABELL COUNTY SCHOOLS
HIGH SCHOOL GRAB N GO BREAKFAST
DECEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Cereal to Go WG MVP WG Low Fat Donut Yogurt breakfast - 4 oz Egg/Cheese WG Bagel Chicken & Biscuit Fruit Juice, Assorted APPLE, MED. Orange, Fresh MILK - Variety	Dec - 4 Cereal to Go WG Muffin, WG Banana Egg/Cheese WG Croissant Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL Strawberries MILK - Variety	Dec - 5 Cereal to Go WG Bread, Zucchini WG Cheese Stick Breakfast Chicken & Slider Bun WG Sausage Pancake WG Stick Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Dec - 6 Cereal to Go WG Snack Loaf, WG Blueberry Cheese, Cheddar Stick Brea Chicken & Slider Bun WG Egg/Ch/C.Bacon English M Fruit Juice, Assorted APPLE, MED. BANANA, SMALL FRESH PEAR MILK - Variety	Dec - 7 Cereal to Go WG Yogurt breakfast - 4 oz Oatmeal Cup WG Cinnamo Sausage on Biscuit Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety
Dec - 10 Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Sausage on Biscuit Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Dec - 11 Cereal to Go WG Muffin WG Chocolate Chip Sausage Pancake WG Stick Chicken & Slider Bun WG Fruit Juice, Assorted Orange, Fresh APPLE, MED. MILK - Variety	Dec - 12 Cereal to Go WG Bread, Zucchini WG Cheese Stick Breakfast Egg/Ham/Cheese Wrap Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Dec - 13 Cereal to Go WG CEREAL BAR WG CINNAM Sausage on Biscuit Toasted Cheese Sandwich Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Dec - 14 Cereal to Go WG Breakfast Tart Egg & Cheese Pretzel Bun Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety
Dec - 17 Cereal to Go WG MVP WG Low Fat Donut Cheese Stick Breakfast Chicken & Slider Bun WG Sausage Pancake WG Stick Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Dec - 18 Cereal to Go WG Wowbutter Jammer Sandwi Breakfast Pizza WG Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Dec - 19 Cereal to Go WG Breakfast Tart Sausage & Slider WG Bun Toasted Cheese Sandwich Fruit Juice, Assorted Orange, Fresh FRESH PEAR APPLE, MED. MILK - Variety	Dec - 20 Cereal to Go WG Pancake WG Bites Chicken & Slider Bun WG Egg/Cheese WG Croissant Fruit Juice, Assorted Strawberries BANANA, SMALL Orange, Fresh MILK - Variety	Dec - 21 Cereal to Go WG Strawberry Yogurt Chex Mi Sausage on Biscuit Chicken & Slider Bun WG Fruit Juice, Assorted FRESH PEAR APPLE, MED. BANANA, SMALL 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
Dec - 24 NO SCHOOL	Dec - 25 NO SCHOOL	Dec - 26 NO SCHOOL	Dec - 27 NO SCHOOL	Dec - 28 NO SCHOOL
Dec - 31 NO SCHOOL				

USDA IS AN EQUAL OPPORTUNITY PROVIDER

**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.*

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