## **CABELL COUNTY SCHOOLS**

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## HIGH SCHOOL GRAB N GO LUNCH MENU DECEMBER 2018

Nov 30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3	Dec - 4	Dec - 5	Dec - 6	Dec - 7
Cheeseburger/Pretzel Bun Pizza WG Peppero/Che Flat CRACKERS, CHEDDAR FISH Baked Beans Cucumber Slices Ranch Dip, FF Orange, Fresh Strawberry Cup APPLE, MED. MILK - Variety	Hot Dog WG bun with chili Ham & Cheese WG Croissa Chex Mix WG BROCCOLI,raw Tomatoes, Cherry Ranch Dip, FF Pineapple Tidbits Orange, Fresh MILK - Variety	Italian Sub French WG Bread Cheesy/P Nacho Scoops WG Salsa/H Carrot Sticks Cucumber Slices Ranch Dip, FF APPLE, MED. PEARS,FRESH MILK - Variety	Pepperoni/Cheese WG Roll MEATBALL SUB Red & Yellow Peppers BROCCOLI,raw Ranch Dip, FF Strawberry Cup Orange, Fresh BANANA, SMALL MILK - Variety	Cheeseburger WG Bun Chicken/Bacon RanchWG H Potato Rounds ketchup, indiv 7 grams Carrot Sticks w Dip Celery Sticks w Wow Butter FRESH PEAR APPLE, MED. BANANA, SMALL MILK - Variety
Dec - 10	Dec - 11	Dec - 12	Dec - 13	Dec - 14
BBQ Pork WG Bun Toasted Cheese Sandwich SUNFLOWER SEEDS Munch WG Snack Mix Cucumber Slices Carrot Sticks w Dip FRESH APPLE WEDGES Orange, Fresh FRESH PEAR MILK - Variety	Ham & CheeseWG Hoagie Cheeseburger WG Bun Chex Mix WG Refried Beans Red & Orange Peppers Ranch Dip, FF Mandarin Oranges, cup APPLE, MED. MILK - Variety	Philly Steak/Cheese WGSan Pizza WG Peppero/Che Flat Baked Fries ketchup, indiv 7 grams Carrot Sticks Ranch Dip, FF Apricot Cup APPLE, MED. BANANA, SMALL MILK - Variety	BBQ Chicken WG Flatbread French WG Bread Cheesy/P PRETZELS, FISH SHAPED Cucumber Slices Red & Yellow Peppers FRESH APPLE WEDGES Orange, Fresh MILK - Variety	Pig-In-A-Blanket WG CHICKEN PARMESAN WG S Sun Chips WG Tomatoes, Cherry BROCCOLI,raw Ranch Dip, FF Applesauce Cup Strawberries Orange, Fresh MILK - Variety
Dec - 17	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Steak/CheeseWG Hoagie Chicken Patty WG Bun Munch WG Snack Mix Tomatoes, Cherry CELERY/CARROTS Ranch Dip, FF FRESH PEAR FRESH APPLE WEDGES Orange, Fresh MILK - Variety	Chicken/Bacon/Ranch Wra Cheeseburger WG Bun Sun Chips WG Baked Beans BROCCOLI,raw Strawberries APPLE, MED. BANANA, SMALL MILK - Variety	Hot Dog WG bun with chili Sriracha Chicken Wrap Baked Fries ketchup, indiv 7 grams Creamy Cole Slaw Ranch Dip, FF FRESH APPLE WEDGES FRESH PEAR MILK - Variety	Cheeseburger WG Bun Sandwich Roasted Turkey Nacho Chips w Hummus Cucumber Slices Ranch Dip, FF Tomatoes, Cherry Apricot Cup APPLE, MED. BANANA, SMALL MILK - Variety	MEATBALL SUB Hot Ham/Cheese on WG B Chex Mix WG Tomatoes, Cherry Carrot Sticks w Dip Pineapple Tidbits Orange, Fresh APPLE, MED. MILK - Variety

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.

<sup>\*</sup>N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data.

## CABELL COUNTY SCHOOLS

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## HIGH SCHOOL GRAB N GO LUNCH MENU DECEMBER 2018

Nov 30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 24	Dec - 25	Dec - 26	Dec - 27	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.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data.