

CABELL COUNTY SCHOOLS

HIGH SCHOOL LUNCH MENU DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																		
Dec - 3 Barbecue Chicken Cheesy Potatoes Baked Beans Pineapple Tidbits Orange Slices Hot Roll WG MILK - Variety	Dec - 4 BEEF VEGETABLE SOUP Hot Dog WG bun with chili Creamy Cole Slaw Pears, Sliced KIWI Pudding, Chocolate MILK - Variety	Dec - 5 Beef a Roni WG Caesar Salad w Ranch Dres Corn APPLE CRISP Strawberries & Bananas Hot Roll WG Ice Cream MILK - Variety	Dec - 6 Pepperoni/Cheese WG Roll Broccoli, Parmesan Carrots Honey Coins Pineapple Tidbits Orange Slices MILK - Variety	Dec - 7 Broccoli & Cheese Soup Ham Diced & CheeseWG FI CORN COBBETT Carrot Sticks Ranch Dip, FF Pears, Sliced Cheesecake Blueberry Tart CANTALOUPE MILK - Variety																																																																																																																																																																																																																		
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Dec - 10 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Grapes, Fresh MILK - Variety	Dec - 11 Beefy Nachos WG SPANISH RICE Refried Beans Corn KIWI CANTALOUPE MILK - Variety	Dec - 12 CREAMED TURKEY Texas Toast Mashed Potatoes Carrots Honey Coins Blueberry Shortcake Mandarin Oranges MILK - Variety	Dec - 13 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Strawberries MILK - Variety	Dec - 14 Pig N Blanket (ww) Broccoli, Parmesan Carrots Honey Coins Orange Slices Applesauce Cookie Choc Chip WW MILK - Variety																																																																																																																																																																																																																		
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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.

CABELL COUNTY SCHOOLS

HIGH SCHOOL LUNCH MENU DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Dec - 17 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Grapes, Fresh CANTALOUPE Hot Roll WG MILK - Variety	Dec - 18 Chicken Fries Mashed Potatoes Baked Beans Peaches Strawberries & Bananas Hot Roll WG MILK - Variety	Dec - 19 Hot Dog WG bun with chili Creamy Cole Slaw Baked Fries ketchup, indiv 7 grams Carrot Sticks FRUIT COCKTAIL KIWI Pudding, Chocolate MILK - Variety	Dec - 20 Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Hot Roll WG TANGERINE Apricot Cup Red Velvet Cookie MILK - Variety	Dec - 21 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced PEACHES CUP Breadstick WG MILK - Variety																																																																																																																																												
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<table style="width: 100%; border: none;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0*</td> <td style="text-align: right;">0%</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0* mg</td> <td></td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0*g</td> <td style="text-align: right;">0.0%Cal</td> <td></td> </tr> </table>	Nutrients	Target			Cals...	0*	0%		Sodium.	0* mg			Prot	0.0*g	0.0%Cal		Carb	0.0*g	0.0%Cal		T.Fat	0.0*g	0.0%Cal		S.Fat	0.0*g	0.0%Cal																																																																																																																					
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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.

CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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USDA IS AN EQUAL OPPORTUNITY PROVIDER

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