

CABELL COUNTY SCHOOLS

HIGH SCHOOL LUNCH MENU JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
	Jan - 1 NO SCHOOL	Jan - 2 NO SCHOOL	Jan - 3 NO SCHOOL	Jan - 4 NO SCHOOL																																																																																																									
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">0</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </table>	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																					
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																																																																																																											
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																																																																																																											
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																																																																																																											
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																																																																																																											
Jan - 7 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Peaches Grapes, Fresh Hot Roll WG Pudding, Chocolate MILK - Variety	Jan - 8 Beef a Roni WG Broccoli, Parmesan CORN COBBETT Mandarin Oranges Strawberries & Bananas Hot Roll WG Cookie Choc Chip WW MILK - Variety	Jan - 9 Chili Con Carne w Beans Toasted WG Cheese Sandwi Carrot Sticks Ranch Dip, FF Pears, Sliced Orange Slices MILK - Variety	Jan - 10 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon HONEYDEW MELON MILK - Variety	Jan - 11 BEEFY NACHOS WG Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Pineapple Tidbits MILK - Variety																																																																																																									
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">851</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">821 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">40.2g</td> <td style="text-align: right;">18.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">135.7g</td> <td style="text-align: right;">63.7%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.8g</td> <td style="text-align: right;">18.8%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.0g</td> <td style="text-align: right;">5.2%Cal</td> </tr> </table>	Nutrients	Target		Cals...	851	100%	Sodium.	821 mg		Prot	40.2g	18.9%Cal	Carb	135.7g	63.7%Cal	T.Fat	17.8g	18.8%Cal	S.Fat	5.0g	5.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1134</td> <td style="text-align: right;">133%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1056 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">53.3g</td> <td style="text-align: right;">18.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">188.7g</td> <td style="text-align: right;">66.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">26.5g</td> <td style="text-align: right;">21.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.5*g</td> <td style="text-align: right;">6.7%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1134	133%	Sodium.	1056 mg		Prot	53.3g	18.8%Cal	Carb	188.7g	66.6%Cal	T.Fat	26.5g	21.1%Cal	S.Fat	8.5*g	6.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">796</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1504 mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">39.9g</td> <td style="text-align: right;">20.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">102.6g</td> <td style="text-align: right;">51.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.0g</td> <td style="text-align: right;">30.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">13.1*g</td> <td style="text-align: right;">14.8%Cal</td> </tr> </table>	Nutrients	Target		Cals...	796	100%	Sodium.	1504 mg		Prot	39.9g	20.1%Cal	Carb	102.6g	51.6%Cal	T.Fat	27.0g	30.5%Cal	S.Fat	13.1*g	14.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">958*</td> <td style="text-align: right;">113%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1468* mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">32.3*g</td> <td style="text-align: right;">13.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">140.3*g</td> <td style="text-align: right;">58.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">44.4*g</td> <td style="text-align: right;">41.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">20.0*g</td> <td style="text-align: right;">18.8%Cal</td> </tr> </table>	Nutrients	Target		Cals...	958*	113%	Sodium.	1468* mg		Prot	32.3*g	13.5%Cal	Carb	140.3*g	58.5%Cal	T.Fat	44.4*g	41.7%Cal	S.Fat	20.0*g	18.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Nutrients</td> <td style="text-align: right;">Target</td> <td></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">1319*</td> <td style="text-align: right;">155%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1268* mg</td> <td></td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">52.4*g</td> <td style="text-align: right;">15.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">184.0*g</td> <td style="text-align: right;">55.8%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">34.0*g</td> <td style="text-align: right;">23.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">9.2*g</td> <td style="text-align: right;">6.2%Cal</td> </tr> </table>	Nutrients	Target		Cals...	1319*	155%	Sodium.	1268* mg		Prot	52.4*g	15.9%Cal	Carb	184.0*g	55.8%Cal	T.Fat	34.0*g	23.2%Cal	S.Fat	9.2*g	6.2%Cal
Nutrients	Target																																																																																																												
Cals...	851	100%																																																																																																											
Sodium.	821 mg																																																																																																												
Prot	40.2g	18.9%Cal																																																																																																											
Carb	135.7g	63.7%Cal																																																																																																											
T.Fat	17.8g	18.8%Cal																																																																																																											
S.Fat	5.0g	5.2%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	1134	133%																																																																																																											
Sodium.	1056 mg																																																																																																												
Prot	53.3g	18.8%Cal																																																																																																											
Carb	188.7g	66.6%Cal																																																																																																											
T.Fat	26.5g	21.1%Cal																																																																																																											
S.Fat	8.5*g	6.7%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	796	100%																																																																																																											
Sodium.	1504 mg																																																																																																												
Prot	39.9g	20.1%Cal																																																																																																											
Carb	102.6g	51.6%Cal																																																																																																											
T.Fat	27.0g	30.5%Cal																																																																																																											
S.Fat	13.1*g	14.8%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	958*	113%																																																																																																											
Sodium.	1468* mg																																																																																																												
Prot	32.3*g	13.5%Cal																																																																																																											
Carb	140.3*g	58.5%Cal																																																																																																											
T.Fat	44.4*g	41.7%Cal																																																																																																											
S.Fat	20.0*g	18.8%Cal																																																																																																											
Nutrients	Target																																																																																																												
Cals...	1319*	155%																																																																																																											
Sodium.	1268* mg																																																																																																												
Prot	52.4*g	15.9%Cal																																																																																																											
Carb	184.0*g	55.8%Cal																																																																																																											
T.Fat	34.0*g	23.2%Cal																																																																																																											
S.Fat	9.2*g	6.2%Cal																																																																																																											
Jan - 14 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Blueberry Shortcake Sherbet, Luigi's , Orange Hot Roll WG MILK - Variety	Jan - 15 Pig-In-A-Blanket WG Mustard, individual Baked Beans Broccoli, Parmesan KIWI Peaches Vanilla Pudding MILK - Variety	Jan - 16 Spaghetti WG w Meat Sauc Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Mandarin Oranges Hot Roll WG CHOCOLEANA CAKE MILK - Variety	Jan - 17 CREAMED TURKEY Texas Toast Mashed Potatoes Peas & Carrots Grapes, Fresh Peaches Scooby Graham WG MILK - Variety	Jan - 18 Pepperoni/Cheese WG Roll Corn Sweet Potato Puffs Strawberries & Bananas KIWI 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.

CABELL COUNTY SCHOOLS
HIGH SCHOOL LUNCH MENU JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 1312*</td> <td style="text-align: right;">154%</td> </tr> <tr> <td>Sodium. 1161*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 57.0*g</td> <td style="text-align: right;">17.4%Cal</td> </tr> <tr> <td>Carb 180.7*g</td> <td style="text-align: right;">55.1%Cal</td> </tr> <tr> <td>T.Fat 41.4*g</td> <td style="text-align: right;">28.4%Cal</td> </tr> <tr> <td>S.Fat 12.9*g</td> <td style="text-align: right;">8.8%Cal</td> </tr> </table>	Nutrients	Target	Cals... 1312*	154%	Sodium. 1161*	mg	Prot 57.0*g	17.4%Cal	Carb 180.7*g	55.1%Cal	T.Fat 41.4*g	28.4%Cal	S.Fat 12.9*g	8.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 899*</td> <td style="text-align: right;">106%</td> </tr> <tr> <td>Sodium. 1771*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 36.6*g</td> <td style="text-align: right;">16.3%Cal</td> </tr> <tr> <td>Carb 139.3*g</td> <td style="text-align: right;">62.0%Cal</td> </tr> <tr> <td>T.Fat 24.3*g</td> <td style="text-align: right;">24.3%Cal</td> </tr> <tr> <td>S.Fat 9.4*g</td> <td style="text-align: right;">9.4%Cal</td> </tr> </table>	Nutrients	Target	Cals... 899*	106%	Sodium. 1771*	mg	Prot 36.6*g	16.3%Cal	Carb 139.3*g	62.0%Cal	T.Fat 24.3*g	24.3%Cal	S.Fat 9.4*g	9.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 1179*</td> <td style="text-align: right;">139%</td> </tr> <tr> <td>Sodium. 1474*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 51.0*g</td> <td style="text-align: right;">17.3%Cal</td> </tr> <tr> <td>Carb 184.5*g</td> <td style="text-align: right;">62.6%Cal</td> </tr> <tr> <td>T.Fat 30.9*g</td> <td style="text-align: right;">23.6%Cal</td> </tr> <tr> <td>S.Fat 9.8*g</td> <td style="text-align: right;">7.5%Cal</td> </tr> </table>	Nutrients	Target	Cals... 1179*	139%	Sodium. 1474*	mg	Prot 51.0*g	17.3%Cal	Carb 184.5*g	62.6%Cal	T.Fat 30.9*g	23.6%Cal	S.Fat 9.8*g	7.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 666*</td> <td style="text-align: right;">89%</td> </tr> <tr> <td>Sodium. 1197*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 30.0*g</td> <td style="text-align: right;">18.0%Cal</td> </tr> <tr> <td>Carb 108.2*g</td> <td style="text-align: right;">65.0%Cal</td> </tr> <tr> <td>T.Fat 12.5*g</td> <td style="text-align: right;">16.9%Cal</td> </tr> <tr> <td>S.Fat 3.7*g</td> <td style="text-align: right;">5.0%Cal</td> </tr> </table>	Nutrients	Target	Cals... 666*	89%	Sodium. 1197*	mg	Prot 30.0*g	18.0%Cal	Carb 108.2*g	65.0%Cal	T.Fat 12.5*g	16.9%Cal	S.Fat 3.7*g	5.0%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 1025*</td> <td style="text-align: right;">121%</td> </tr> <tr> <td>Sodium. 1630*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 40.7*g</td> <td style="text-align: right;">15.9%Cal</td> </tr> <tr> <td>Carb 145.2*g</td> <td style="text-align: right;">56.7%Cal</td> </tr> <tr> <td>T.Fat 35.0*g</td> <td style="text-align: right;">30.7%Cal</td> </tr> <tr> <td>S.Fat 13.3*g</td> <td style="text-align: right;">11.7%Cal</td> </tr> </table>	Nutrients	Target	Cals... 1025*	121%	Sodium. 1630*	mg	Prot 40.7*g	15.9%Cal	Carb 145.2*g	56.7%Cal	T.Fat 35.0*g	30.7%Cal	S.Fat 13.3*g	11.7%Cal
Nutrients	Target																																																																									
Cals... 1312*	154%																																																																									
Sodium. 1161*	mg																																																																									
Prot 57.0*g	17.4%Cal																																																																									
Carb 180.7*g	55.1%Cal																																																																									
T.Fat 41.4*g	28.4%Cal																																																																									
S.Fat 12.9*g	8.8%Cal																																																																									
Nutrients	Target																																																																									
Cals... 899*	106%																																																																									
Sodium. 1771*	mg																																																																									
Prot 36.6*g	16.3%Cal																																																																									
Carb 139.3*g	62.0%Cal																																																																									
T.Fat 24.3*g	24.3%Cal																																																																									
S.Fat 9.4*g	9.4%Cal																																																																									
Nutrients	Target																																																																									
Cals... 1179*	139%																																																																									
Sodium. 1474*	mg																																																																									
Prot 51.0*g	17.3%Cal																																																																									
Carb 184.5*g	62.6%Cal																																																																									
T.Fat 30.9*g	23.6%Cal																																																																									
S.Fat 9.8*g	7.5%Cal																																																																									
Nutrients	Target																																																																									
Cals... 666*	89%																																																																									
Sodium. 1197*	mg																																																																									
Prot 30.0*g	18.0%Cal																																																																									
Carb 108.2*g	65.0%Cal																																																																									
T.Fat 12.5*g	16.9%Cal																																																																									
S.Fat 3.7*g	5.0%Cal																																																																									
Nutrients	Target																																																																									
Cals... 1025*	121%																																																																									
Sodium. 1630*	mg																																																																									
Prot 40.7*g	15.9%Cal																																																																									
Carb 145.2*g	56.7%Cal																																																																									
T.Fat 35.0*g	30.7%Cal																																																																									
S.Fat 13.3*g	11.7%Cal																																																																									
<p>Jan - 21</p> <p>NO SCHOOL</p>	<p>Jan - 22</p> <p>Macaroni and Cheese Chicken Nuggets Salad Tossed Romaine w/R Green Beans w Garlic FRUIT COCKTAIL HONEYDEW MELON MILK - Variety</p>	<p>Jan - 23</p> <p>Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Red & Orange Peppers Grapes, Fresh Mandarin Oranges MILK - Variety</p>	<p>Jan - 24</p> <p>Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins Pears, Sliced Strawberries Cheesecake Blueberry Tart Hot Roll WG MILK - Variety</p>	<p>Jan - 25</p> <p>Chili Con Carne w Beans Corndog WG Mustard, individual Broccoli, Parmesan Peaches KIWI MILK - Variety</p>																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 0*</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium. 0*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0*g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0*g</td> <td style="text-align: right;">0.0%Cal</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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 839*</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium. 1434*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 43.3*g</td> <td style="text-align: right;">20.6%Cal</td> </tr> <tr> <td>Carb 93.8*g</td> <td style="text-align: right;">44.7%Cal</td> </tr> <tr> <td>T.Fat 32.7*g</td> <td style="text-align: right;">35.1%Cal</td> </tr> <tr> <td>S.Fat 13.0*g</td> <td style="text-align: right;">13.9%Cal</td> </tr> </table>	Nutrients	Target	Cals... 839*	100%	Sodium. 1434*	mg	Prot 43.3*g	20.6%Cal	Carb 93.8*g	44.7%Cal	T.Fat 32.7*g	35.1%Cal	S.Fat 13.0*g	13.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 815*</td> <td style="text-align: right;">100%</td> </tr> <tr> <td>Sodium. 1253*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 47.1*g</td> <td style="text-align: right;">23.1%Cal</td> </tr> <tr> <td>Carb 119.2*g</td> <td style="text-align: right;">58.5%Cal</td> </tr> <tr> <td>T.Fat 17.3*g</td> <td style="text-align: right;">19.2%Cal</td> </tr> <tr> <td>S.Fat 4.2*g</td> <td style="text-align: right;">4.6%Cal</td> </tr> </table>	Nutrients	Target	Cals... 815*	100%	Sodium. 1253*	mg	Prot 47.1*g	23.1%Cal	Carb 119.2*g	58.5%Cal	T.Fat 17.3*g	19.2%Cal	S.Fat 4.2*g	4.6%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 1053*</td> <td style="text-align: right;">124%</td> </tr> <tr> <td>Sodium. 1198*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 33.6*g</td> <td style="text-align: right;">12.8%Cal</td> </tr> <tr> <td>Carb 147.7*g</td> <td style="text-align: right;">56.1%Cal</td> </tr> <tr> <td>T.Fat 37.9*g</td> <td style="text-align: right;">32.4%Cal</td> </tr> <tr> <td>S.Fat 14.6*g</td> <td style="text-align: right;">12.5%Cal</td> </tr> </table>	Nutrients	Target	Cals... 1053*	124%	Sodium. 1198*	mg	Prot 33.6*g	12.8%Cal	Carb 147.7*g	56.1%Cal	T.Fat 37.9*g	32.4%Cal	S.Fat 14.6*g	12.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%; text-align: right;">Target</td> </tr> <tr> <td>Cals... 724*</td> <td style="text-align: right;">96%</td> </tr> <tr> <td>Sodium. 1144*</td> <td style="text-align: right;">mg</td> </tr> <tr> <td>Prot 40.1*g</td> <td style="text-align: right;">22.1%Cal</td> </tr> <tr> <td>Carb 99.8*g</td> <td style="text-align: right;">55.2%Cal</td> </tr> <tr> <td>T.Fat 20.9*g</td> <td style="text-align: right;">26.0%Cal</td> </tr> <tr> <td>S.Fat 7.0*g</td> <td style="text-align: right;">8.7%Cal</td> </tr> </table>	Nutrients	Target	Cals... 724*	96%	Sodium. 1144*	mg	Prot 40.1*g	22.1%Cal	Carb 99.8*g	55.2%Cal	T.Fat 20.9*g	26.0%Cal	S.Fat 7.0*g	8.7%Cal
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																																																																									
Nutrients	Target																																																																									
Cals... 839*	100%																																																																									
Sodium. 1434*	mg																																																																									
Prot 43.3*g	20.6%Cal																																																																									
Carb 93.8*g	44.7%Cal																																																																									
T.Fat 32.7*g	35.1%Cal																																																																									
S.Fat 13.0*g	13.9%Cal																																																																									
Nutrients	Target																																																																									
Cals... 815*	100%																																																																									
Sodium. 1253*	mg																																																																									
Prot 47.1*g	23.1%Cal																																																																									
Carb 119.2*g	58.5%Cal																																																																									
T.Fat 17.3*g	19.2%Cal																																																																									
S.Fat 4.2*g	4.6%Cal																																																																									
Nutrients	Target																																																																									
Cals... 1053*	124%																																																																									
Sodium. 1198*	mg																																																																									
Prot 33.6*g	12.8%Cal																																																																									
Carb 147.7*g	56.1%Cal																																																																									
T.Fat 37.9*g	32.4%Cal																																																																									
S.Fat 14.6*g	12.5%Cal																																																																									
Nutrients	Target																																																																									
Cals... 724*	96%																																																																									
Sodium. 1144*	mg																																																																									
Prot 40.1*g	22.1%Cal																																																																									
Carb 99.8*g	55.2%Cal																																																																									
T.Fat 20.9*g	26.0%Cal																																																																									
S.Fat 7.0*g	8.7%Cal																																																																									
<p>Jan - 28</p> <p>Chicken Teriyaki Potatoes, Red Roasted Baked Beans Apricot Cup Grapes, Fresh Hot Roll WG MILK - Variety</p>	<p>Jan - 29</p> <p>BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Celery Sticks w Wow Butter Peaches Orange Slices MILK - Variety</p>	<p>Jan - 30</p> <p>Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Ice Cream Strawberries Hot Roll WG MILK - Variety</p>	<p>Jan - 31</p> <p>Mexican Cuisine Menu Taco, Beef & Cheese Crisпитos Chicken & Chee Lettuce & Tomato SPANISH RICE MEXICAN CORN Churro, Raspberry Orange Slices Pineapple Tidbits MILK - Variety</p>																																																																							

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 JANUARY 2019

Monday		Tuesday		Wednesday		Thursday		Friday
Nutrients	Target	Nutrients	Target	Nutrients	Target	Nutrients	Target	
Cals...	747* 100%	Cals...	829* 100%	Cals...	1297* 153%	Cals...	1182* 139%	
Sodium.	1204* mg	Sodium.	1519* mg	Sodium.	1406* mg	Sodium.	1321* mg	
Prot	41.6*g 22.3%Cal	Prot	38.6*g 18.6%Cal	Prot	50.0*g 15.4%Cal	Prot	50.5*g 17.1%Cal	
Carb	117.0*g 62.6%Cal	Carb	92.7*g 44.8%Cal	Carb	178.1*g 54.9%Cal	Carb	175.9*g 59.5%Cal	
T.Fat	13.4*g 16.1%Cal	T.Fat	35.2*g 38.2%Cal	T.Fat	46.8*g 32.5%Cal	T.Fat	39.3*g 29.9%Cal	
S.Fat	3.1*g 3.7%Cal	S.Fat	13.6*g 14.8%Cal	S.Fat	10.7*g 7.4%Cal	S.Fat	12.1*g 9.2%Cal	

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.

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.