

# CABELL COUNTY SCHOOLS

## HIGH SCHOOL PIZZA LINE DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3  Pizza WG Pepperoni/Che Flat Cheesy Potatoes Baked Beans Pineapple Tidbits Orange Slices MILK - Variety	Dec - 4  Pizza WG Pepperoni/Chees Nacho Scoops WG Salsa/H Salad Tossed Romaine w/R Corn Pears, Sliced KIWI MILK - Variety	Dec - 5  French WG Bread Cheesy/P Caesar Salad w Ranch Dres Corn APPLE CRISP Strawberries & Bananas Ice Cream MILK - Variety	Dec - 6  Pizza WG Pepperoni/Chees Broccoli, Parmesan Carrots Honey Coins Ranch Dip, FF Pineapple Slices Orange Slices MILK - Variety	Dec - 7  Pizza, Buffalo Nacho Scoops WG Salsa/H CORN COBBETT Celery Sticks w Wow Butter Pears, Sliced Cheesecake Blueberry Tart CANTALOUPE MILK - Variety
Nutrients            Target Cals...            894            105% Sodium.            1792 mg Prot    45.3g    20.2%Cal Carb   118.9g   53.2%Cal T.Fat   27.0g   27.2%Cal S.Fat   12.3g   12.4%Cal	Nutrients            Target Cals...            842            100% Sodium.            1226 mg Prot    32.0g    15.2%Cal Carb   135.7g   64.5%Cal T.Fat   22.1g   23.6%Cal S.Fat   6.7g   7.1%Cal	Nutrients            Target Cals...            1263           149% Sodium.            1623 mg Prot    48.3g    15.3%Cal Carb   184.5g   58.4%Cal T.Fat   42.1*g   30.0%Cal S.Fat   10.2*g   7.3%Cal	Nutrients            Target Cals...            760            100% Sodium.            1185 mg Prot    44.4g    23.4%Cal Carb   109.8g   57.8%Cal T.Fat   16.5*g   19.5%Cal S.Fat   8.3*g   9.9%Cal	Nutrients            Target Cals...            1127           133% Sodium.            1059 mg Prot    44.0g    15.6%Cal Carb   147.4g   52.3%Cal T.Fat   45.0*g   36.0%Cal S.Fat   13.0*g   10.4%Cal
Dec - 10  Chicken/Cheese Quesadilla Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Pears, Sliced Grapes, Fresh MILK - Variety	Dec - 11  Pizza, Fiestada Chex Mix WG Refried Beans Corn KIWI CANTALOUPE MILK - Variety	Dec - 12  Pizza WG Pepperoni/Che Flat Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Blueberry Shortcake Mandarin Oranges MILK - Variety	Dec - 13  French WG Bread Cheesy/P Potatoes, Diced Hashbrown Red & Yellow Peppers Ranch Dip, FF Apples, Hot/Cinnamon Strawberries MILK - Variety	Dec - 14  Pizza WG Pepperoni/Chees Broccoli, Parmesan Corn Orange Slices Applesauce Cookie Choc Chip WW MILK - Variety
Nutrients            Target Cals...            595            79% Sodium.            1145 mg Prot    60.5g    40.7%Cal Carb   91.9g   61.8%Cal T.Fat   13.0*g   19.7%Cal S.Fat   3.9*g   5.8%Cal	Nutrients            Target Cals...            885            104% Sodium.            1461 mg Prot    37.5g    16.9%Cal Carb   143.3g   64.8%Cal T.Fat   19.6*g   19.9%Cal S.Fat   6.8*g   7.0%Cal	Nutrients            Target Cals...            1083           127% Sodium.            1405 mg Prot    55.7g    20.6%Cal Carb   152.2g   56.2%Cal T.Fat   30.2*g   25.1%Cal S.Fat   10.5*g   8.7%Cal	Nutrients            Target Cals...            848            100% Sodium.            1376 mg Prot    38.1g    18.0%Cal Carb   127.5g   60.1%Cal T.Fat   22.2*g   23.6%Cal S.Fat   8.9*g   9.4%Cal	Nutrients            Target Cals...            838            100% Sodium.            1024 mg Prot    47.5g    22.7%Cal Carb   123.2g   58.8%Cal T.Fat   19.0*g   20.4%Cal S.Fat   8.2*g   8.8%Cal

**\*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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## HIGH SCHOOL PIZZA LINE DECEMBER 2018

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Dec - 17  Pizza WG Pepperoni/Chees Cheesy Potatoes Salad Tossed Romaine w/R CANTALOUPE Grapes, Fresh MILK - Variety	Dec - 18  Pizza, Sausage/Cheese CA Salad Tossed Romaine w/R Baked Beans CORN COBBETT Strawberries & Bananas Peaches MILK - Variety	Dec - 19  French WG Bread Cheesy/P Baked Fries ketchup, indiv 7 grams Red & Orange Peppers 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  Pizza, White CA WG Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced PEACHES CUP MILK - Variety
Nutrients            Target Cals...            757    100% Sodium.           1260 mg Prot    43.6g    23.0%Cal Carb    84.9g    44.9%Cal T.Fat 25.0*g    29.8%Cal S.Fat 11.5*g    13.7%Cal	Nutrients            Target Cals...            837    100% Sodium.           1374 mg Prot    44.8g    21.4%Cal Carb    141.8g    67.8%Cal T.Fat 15.0*g    16.2%Cal S.Fat    6.7*g    7.2%Cal	Nutrients            Target Cals...            864    102% Sodium.           1380 mg Prot    39.3g    18.2%Cal Carb    139.1g    64.4%Cal T.Fat 18.5*g    19.2%Cal S.Fat    7.7*g    8.0%Cal	Nutrients            Target Cals...            1041    123% Sodium.           2125 mg Prot    43.1g    16.6%Cal Carb    150.6g    57.8%Cal T.Fat 31.7*g    27.4%Cal S.Fat 12.1*g    10.5%Cal	Nutrients            Target Cals...            856    101% Sodium.           1029 mg Prot    38.5g    18.0%Cal Carb    130.2g    60.8%Cal T.Fat 20.5*g    21.6%Cal S.Fat    8.9*g    9.3%Cal
Dec - 24  NO SCHOOL	Dec - 25  NO SCHOOL	Dec - 26  NO SCHOOL	Dec - 27  NO SCHOOL	Dec - 28  NO SCHOOL
Nutrients            Target Cals...            0       0% Sodium.           0 mg Prot    0.0g    0.0%Cal Carb    0.0g    0.0%Cal T.Fat 0.0*g    0.0%Cal S.Fat 0.0*g    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 0.0*g    0.0%Cal S.Fat 0.0*g    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 0.0*g    0.0%Cal S.Fat 0.0*g    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 0.0*g    0.0%Cal S.Fat 0.0*g    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 0.0*g    0.0%Cal S.Fat 0.0*g    0.0%Cal
Dec - 31  NO SCHOOL				
Nutrients            Target Cals...            0       0% Sodium.           0 mg Prot    0.0g    0.0%Cal Carb    0.0g    0.0%Cal T.Fat 0.0*g    0.0%Cal S.Fat 0.0*g    0.0%Cal				

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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