

CABELL COUNTY SCHOOLS

HIGH SCHOOL SANDWICH LINE DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Cheeseburger/Pretzel Bun Cheesy Potatoes Baked Beans Pineapple Tidbits Orange Slices MILK - Variety	Dec - 4 BEEF VEGETABLE SOUP Ham & Cheese WG Croissa Creamy Cole Slaw Pears, Sliced KIWI Pudding, Chocolate MILK - Variety	Dec - 5 Italian Sub Caesar Salad w Ranch Dres Corn APPLE CRISP Strawberries & Bananas Ice Cream MILK - Variety	Dec - 6 MEATBALL SUB Broccoli, Parmesan Carrots Honey Coins Ranch Dip, FF Pineapple Slices Orange Slices MILK - Variety	Dec - 7 Chicken/Bacon RanchWG H Nacho Scoops WG Salsa/H CORN COBBETT Celery Sticks w Wow Butter Pears, Sliced Cheesecake Blueberry Tart CANTALOUPE MILK - Variety
Nutrients Target Cals... 1044 123% Sodium. 1627 mg Prot 47.8g 18.3%Cal Carb 126.1g 48.3%Cal T.Fat 38.3g 33.0%Cal S.Fat 17.4g 15.0%Cal	Nutrients Target Cals... 823 100% Sodium. 1564 mg Prot 34.4g 16.7%Cal Carb 120.6g 58.6%Cal T.Fat 23.3g 25.4%Cal S.Fat 2.3*g 2.5%Cal	Nutrients Target Cals... 1353 159% Sodium. 1575 mg Prot 52.9g 15.6%Cal Carb 180.2g 53.3%Cal T.Fat 52.2g 34.7%Cal S.Fat 12.5*g 8.3%Cal	Nutrients Target Cals... 877 103% Sodium. 1475 mg Prot 47.9g 21.9%Cal Carb 127.4g 58.1%Cal T.Fat 23.2g 23.8%Cal S.Fat 5.2*g 5.4%Cal	Nutrients Target Cals... 1353 159% Sodium. 1415 mg Prot 56.0g 16.5%Cal Carb 187.5g 55.4%Cal T.Fat 45.4g 30.2%Cal S.Fat 12.4*g 8.2%Cal
Dec - 10 BBQ Pork on WG Bun Cheese, Cheddar, Cubes Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Pears, Sliced Grapes, Fresh MILK - Variety	Dec - 11 Ham & CheeseWG Hoagie Chex Mix WG Refried Beans Corn KIWI CANTALOUPE MILK - Variety	Dec - 12 Philly Steak/Cheese WGSan Baked Fries ketchup, indiv 7 grams Carrots Honey Coins Blueberry Shortcake Mandarin Oranges MILK - Variety	Dec - 13 BBQ Chicken WG Flatbread Potatoes, Diced Hashbrown Red & Yellow Peppers Ranch Dip, FF Apples, Hot/Cinnamon Strawberries MILK - Variety	Dec - 14 CHICKEN PARMESAN WG S Broccoli, Parmesan Corn Orange Slices Applesauce Cookie Choc Chip WW MILK - Variety
Nutrients Target Cals... 777 100% Sodium. 1424 mg Prot 36.8g 18.9%Cal Carb 115.3g 59.3%Cal T.Fat 21.2g 24.5%Cal S.Fat 8.4*g 9.7%Cal	Nutrients Target Cals... 832 100% Sodium. 1432 mg Prot 43.9g 21.1%Cal Carb 140.5g 67.6%Cal T.Fat 10.7g 11.6%Cal S.Fat 2.7*g 2.9%Cal	Nutrients Target Cals... 1251 147% Sodium. 943 mg Prot 63.2g 20.2%Cal Carb 161.4g 51.6%Cal T.Fat 41.6g 29.9%Cal S.Fat 14.5*g 10.4%Cal	Nutrients Target Cals... 742 99% Sodium. 962 mg Prot 33.1g 17.8%Cal Carb 117.7g 63.4%Cal T.Fat 16.5g 20.0%Cal S.Fat 4.7*g 5.7%Cal	Nutrients Target Cals... 936 110% Sodium. 1311 mg Prot 48.2g 20.6%Cal Carb 141.2g 60.3%Cal T.Fat 24.6g 23.7%Cal S.Fat 4.6*g 4.4%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 SANDWICH LINE DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17 Steak/CheeseWG Hoagie Cheesy Potatoes Salad Tossed Romaine w/R CANTALOUPE Grapes, Fresh MILK - Variety	Dec - 18 Cheeseburger WG Bun Lettuce & Tomato Baked Beans CORN COBBETT Strawberries & Bananas Peaches MILK - Variety	Dec - 19 Sriracha Chicken Wrap Asian Slaw Baked Fries ketchup, indiv 7 grams 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 MEATBALL SUB Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced PEACHES CUP MILK - Variety
Nutrients Target Cals... 840 100% Sodium. 1298 mg Prot 40.3g 19.2%Cal Carb 93.9g 44.7%Cal T.Fat 35.8g 38.4%Cal S.Fat 15.4*g 16.5%Cal	Nutrients Target Cals... 997 117% Sodium. 1189 mg Prot 45.6g 18.3%Cal Carb 151.3g 60.7%Cal T.Fat 27.5g 24.8%Cal S.Fat 11.2*g 10.1%Cal	Nutrients Target Cals... 783 100% Sodium. 1447 mg Prot 44.4*g 22.7%Cal Carb 121.0g 61.8%Cal T.Fat 14.9g 17.1%Cal S.Fat 2.9*g 3.3%Cal	Nutrients Target Cals... 1041 123% Sodium. 2125 mg Prot 43.1*g 16.6%Cal Carb 150.6g 57.8%Cal T.Fat 31.7g 27.4%Cal S.Fat 12.1*g 10.5%Cal	Nutrients Target Cals... 986 116% Sodium. 1462 mg Prot 44.8*g 18.2%Cal Carb 150.3g 61.0%Cal T.Fat 24.9g 22.7%Cal S.Fat 5.8*g 5.3%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 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0*g 0.0%Cal
Dec - 31 NO SCHOOL				
Nutrients Target Cals... 0 0% Sodium. 0 mg Prot 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0g 0.0%Cal S.Fat 0.0*g 0.0%Cal				

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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