

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Chicken Patty WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Baked Beans PEACHES CUP Veg Fruit Bar Monday Midd MILK - Variety	Dec - 4 BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi BROCCOLI, raw Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Tuesday Midd MILK - Variety	Dec - 5 Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Hot Roll WG Ice Cream Veg Fruit Bar Wed Middle MILK - Variety	Dec - 6 Pepperoni/Cheese WG Roll Broccoli, Parmesan Cucumber Slices Ranch Dip, FF Pineapple Slices Veg Fruit Bar Thursday Mid MILK - Variety	Dec - 7 Ham Diced & Cheese WG FI Nacho Scoops WG Salsa/H CORN COBBETT Celery Sticks w Wow Butter Pears, Sliced Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 911 130% Sodium. 1650 mg Prot 43.7g 19.2%Cal Carb 136.0g 59.7%Cal T.Fat 22.6g 22.3%Cal S.Fat 5.2g 5.2%Cal	Nutrients Target Cals... 662 100% Sodium. 1723 mg Prot 31.9g 19.3%Cal Carb 88.9g 53.7%Cal T.Fat 22.1g 30.1%Cal S.Fat 10.9g 14.8%Cal	Nutrients Target Cals... 1228 175% Sodium. 1432 mg Prot 47.9g 15.6%Cal Carb 165.4g 53.9%Cal T.Fat 44.9g 32.9%Cal S.Fat 10.5*g 7.7%Cal	Nutrients Target Cals... 795 114% Sodium. 1613 mg Prot 43.4g 21.8%Cal Carb 94.0g 47.3%Cal T.Fat 31.9g 36.1%Cal S.Fat 14.1*g 16.0%Cal	Nutrients Target Cals... 909 130% Sodium. 863 mg Prot 29.1g 12.8%Cal Carb 138.7g 61.0%Cal T.Fat 30.3g 30.0%Cal S.Fat 5.5*g 5.4%Cal
Dec - 10 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Monday Midd MILK - Variety	Dec - 11 Beefy Nachos WG SPANISH RICE Refried Beans Corn KIWI Veg Fruit Bar Tuesday Midd MILK - Variety	Dec - 12 CREAMED TURKEY Texas Toast Mashed Potatoes Carrots Honey Coins Blueberry Shortcake Veg Fruit Bar Wed Middle MILK - Variety	Dec - 13 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Dec - 14 Pig N Blanket (ww) Broccoli, Parmesan Corn Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 764 109% Sodium. 1609 mg Prot 39.0g 20.4%Cal Carb 92.1g 48.2%Cal T.Fat 28.0g 32.9%Cal S.Fat 13.3*g 15.6%Cal	Nutrients Target Cals... 971 139% Sodium. 1369 mg Prot 42.7g 17.6%Cal Carb 133.5g 55.0%Cal T.Fat 28.5*g 26.5%Cal S.Fat 7.6*g 7.0%Cal	Nutrients Target Cals... 961 137% Sodium. 1393 mg Prot 48.0*g 20.0%Cal Carb 142.7g 59.4%Cal T.Fat 21.8*g 20.5%Cal S.Fat 6.0*g 5.6%Cal	Nutrients Target Cals... 925* 132% Sodium. 1419* mg Prot 30.2*g 13.0%Cal Carb 134.4*g 58.1%Cal T.Fat 43.8*g 42.6%Cal S.Fat 19.5*g 19.0%Cal	Nutrients Target Cals... 837* 120% Sodium. 1234* mg Prot 32.5*g 15.5%Cal Carb 120.0*g 57.3%Cal T.Fat 29.7*g 31.9%Cal S.Fat 10.7*g 11.5%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.

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Grapes, Fresh Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Cheeseburger WG Bun Lettuce & Tomato Baked Beans CORN COBBETT Strawberries & Bananas Veg Fruit Bar Tuesday Midd MILK - Variety	Hot Dog WG bun with chili Creamy Cole Slaw Baked Fries ketchup, indiv 7 grams FRUIT COCKTAIL Veg Fruit Bar Wed Middle MILK - Variety	Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Hot Roll WG TANGERINE Red Velvet Cookie MILK - Variety	Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Breadstick WG Veg Fruit Bar Friday Middle MILK - Variety
Nutrients Target Cals... 738* 105% Sodium. 868* mg Prot 35.2*g 19.1%Cal Carb 79.5*g 43.1%Cal T.Fat 31.2*g 38.0%Cal S.Fat 10.6*g 12.9%Cal	Nutrients Target Cals... 988* 141% Sodium. 1340* mg Prot 45.7*g 18.5%Cal Carb 143.9*g 58.3%Cal T.Fat 29.1*g 26.5%Cal S.Fat 11.5*g 10.5%Cal	Nutrients Target Cals... 681* 100% Sodium. 1285* mg Prot 24.8*g 14.6%Cal Carb 91.1*g 53.5%Cal T.Fat 25.0*g 33.1%Cal S.Fat 9.6*g 12.6%Cal	Nutrients Target Cals... 987* 141% Sodium. 2121* mg Prot 42.4*g 17.2%Cal Carb 136.6*g 55.4%Cal T.Fat 31.7*g 28.9%Cal S.Fat 12.1*g 11.0%Cal	Nutrients Target Cals... 935* 134% Sodium. 1306* mg Prot 46.2*g 19.8%Cal Carb 138.8*g 59.4%Cal T.Fat 24.2*g 23.3%Cal S.Fat 8.7*g 8.4%Cal
Dec - 24	Dec - 25	Dec - 26	Dec - 27	Dec - 28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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... 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... 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... 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... 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
Dec - 31				
NO SCHOOL				
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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