

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL	Jan - 2 NO SCHOOL	Jan - 3 NO SCHOOL	Jan - 4 NO SCHOOL
Jan - 7 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Peaches Hot Roll WG Pudding, Chocolate MILK - Variety	Jan - 8 Beef a Roni WG Broccoli, Parmesan CORN COBBETT Mandarin Oranges 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 MILK - Variety	Jan - 10 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Jan - 11 Beefy Nachos WG Rice, Spanish WG Refried Beans Corn Jello w Fruit Mix Veg Fruit Bar Friday MILK - Variety
Jan - 14 Barbecue Chicken Cheesy Potatoes Green Beans w Garlic Pears, Sliced Hot Roll WG Veg Fruit Bar Monday MILK - Variety	Jan - 15 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams KIWI Veg Fruit Bar Tuesday MILK - Variety	Jan - 16 Spaghetti WG w Meat Sauc Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Hot Roll WG CHOCOLEANA CAKE Veg Fruit Bar Wednesda MILK - Variety	Jan - 17 CREAMED TURKEY Texas Toast Mashed Potatoes Peas & Carrots Grapes, Fresh Veg Fruit Bar Thursday MILK - Variety	Jan - 18 Pepperoni/Cheese WG Roll Corn Cucumber Slices Ranch Dip, FF Strawberries & Bananas Veg Fruit Bar Friday MILK - Variety
Jan - 21 NO SCHOOL	Jan - 22 Macaroni and Cheese Chicken Nuggets Salad Tossed Romaine w/R Green Beans w Garlic FRUIT COCKTAIL Veg Fruit Bar Tuesday MILK - Variety	Jan - 23 Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Grapes, Fresh Veg Fruit Bar Wednesda MILK - Variety	Jan - 24 Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Thursday MILK - Variety	Jan - 25 Chili Con Carne w Beans Corndog WG Mustard, individual Broccoli, Parmesan Peaches Veg Fruit Bar Friday 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 28 Chicken Patty WG Bun Lettuce & Tomato Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Monday MILK - Variety	Jan - 29 BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Celery Sticks w Wow Butter FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety	Jan - 30 Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins APPLE CRISP Ice Cream Hot Roll WG Veg Fruit Bar Wednesda MILK - Variety	Jan - 31 Mexican Cuisine Menu Taco, Beef & Cheese Crisпитos Chicken & Chee Lettuce & Tomato SPANISH RICE MEXICAN CORN Churro, Raspberry Orange Slices Veg Fruit Bar Thursday MILK - Variety	

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