

# 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																																																																						
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </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;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </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;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </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;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">0 0%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">0 mg</td> </tr> <tr> <td>Prot 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>Carb 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0g</td> <td style="text-align: right;">0.0%Cal</td> </tr> </tbody> </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 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																																																																						
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">760 109%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">723 mg</td> </tr> <tr> <td>Prot 38.0g</td> <td style="text-align: right;">20.0%Cal</td> </tr> <tr> <td>Carb 119.3g</td> <td style="text-align: right;">62.8%Cal</td> </tr> <tr> <td>T.Fat 15.6g</td> <td style="text-align: right;">18.5%Cal</td> </tr> <tr> <td>S.Fat 4.6g</td> <td style="text-align: right;">5.5%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	760 109%	Sodium.	723 mg	Prot 38.0g	20.0%Cal	Carb 119.3g	62.8%Cal	T.Fat 15.6g	18.5%Cal	S.Fat 4.6g	5.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">934 133%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">955 mg</td> </tr> <tr> <td>Prot 50.1g</td> <td style="text-align: right;">21.5%Cal</td> </tr> <tr> <td>Carb 144.1g</td> <td style="text-align: right;">61.7%Cal</td> </tr> <tr> <td>T.Fat 24.0g</td> <td style="text-align: right;">23.1%Cal</td> </tr> <tr> <td>S.Fat 8.0*g</td> <td style="text-align: right;">7.7%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	934 133%	Sodium.	955 mg	Prot 50.1g	21.5%Cal	Carb 144.1g	61.7%Cal	T.Fat 24.0g	23.1%Cal	S.Fat 8.0*g	7.7%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">758 108%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1504 mg</td> </tr> <tr> <td>Prot 39.2g</td> <td style="text-align: right;">20.7%Cal</td> </tr> <tr> <td>Carb 93.2g</td> <td style="text-align: right;">49.2%Cal</td> </tr> <tr> <td>T.Fat 26.9g</td> <td style="text-align: right;">32.0%Cal</td> </tr> <tr> <td>S.Fat 13.1*g</td> <td style="text-align: right;">15.5%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	758 108%	Sodium.	1504 mg	Prot 39.2g	20.7%Cal	Carb 93.2g	49.2%Cal	T.Fat 26.9g	32.0%Cal	S.Fat 13.1*g	15.5%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">977* 140%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1633* mg</td> </tr> <tr> <td>Prot 31.5*g</td> <td style="text-align: right;">12.9%Cal</td> </tr> <tr> <td>Carb 145.5*g</td> <td style="text-align: right;">59.5%Cal</td> </tr> <tr> <td>T.Fat 43.5*g</td> <td style="text-align: right;">40.1%Cal</td> </tr> <tr> <td>S.Fat 19.5*g</td> <td style="text-align: right;">17.9%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	977* 140%	Sodium.	1633* mg	Prot 31.5*g	12.9%Cal	Carb 145.5*g	59.5%Cal	T.Fat 43.5*g	40.1%Cal	S.Fat 19.5*g	17.9%Cal	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutrients</th> <th style="width: 50%;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">1142* 163%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1455* mg</td> </tr> <tr> <td>Prot 45.9*g</td> <td style="text-align: right;">16.1%Cal</td> </tr> <tr> <td>Carb 159.2*g</td> <td style="text-align: right;">55.8%Cal</td> </tr> <tr> <td>T.Fat 27.1*g</td> <td style="text-align: right;">21.4%Cal</td> </tr> <tr> <td>S.Fat 7.4*g</td> <td style="text-align: right;">5.8%Cal</td> </tr> </tbody> </table>	Nutrients	Target	Cals...	1142* 163%	Sodium.	1455* mg	Prot 45.9*g	16.1%Cal	Carb 159.2*g	55.8%Cal	T.Fat 27.1*g	21.4%Cal	S.Fat 7.4*g	5.8%Cal
Nutrients	Target																																																																									
Cals...	760 109%																																																																									
Sodium.	723 mg																																																																									
Prot 38.0g	20.0%Cal																																																																									
Carb 119.3g	62.8%Cal																																																																									
T.Fat 15.6g	18.5%Cal																																																																									
S.Fat 4.6g	5.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	934 133%																																																																									
Sodium.	955 mg																																																																									
Prot 50.1g	21.5%Cal																																																																									
Carb 144.1g	61.7%Cal																																																																									
T.Fat 24.0g	23.1%Cal																																																																									
S.Fat 8.0*g	7.7%Cal																																																																									
Nutrients	Target																																																																									
Cals...	758 108%																																																																									
Sodium.	1504 mg																																																																									
Prot 39.2g	20.7%Cal																																																																									
Carb 93.2g	49.2%Cal																																																																									
T.Fat 26.9g	32.0%Cal																																																																									
S.Fat 13.1*g	15.5%Cal																																																																									
Nutrients	Target																																																																									
Cals...	977* 140%																																																																									
Sodium.	1633* mg																																																																									
Prot 31.5*g	12.9%Cal																																																																									
Carb 145.5*g	59.5%Cal																																																																									
T.Fat 43.5*g	40.1%Cal																																																																									
S.Fat 19.5*g	17.9%Cal																																																																									
Nutrients	Target																																																																									
Cals...	1142* 163%																																																																									
Sodium.	1455* mg																																																																									
Prot 45.9*g	16.1%Cal																																																																									
Carb 159.2*g	55.8%Cal																																																																									
T.Fat 27.1*g	21.4%Cal																																																																									
S.Fat 7.4*g	5.8%Cal																																																																									
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																																																																						

**\*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 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%;">Target</td> </tr> <tr> <td>Cals... 800*</td> <td>114%</td> </tr> <tr> <td>Sodium. 1107* mg</td> <td></td> </tr> <tr> <td>Prot 35.1*g</td> <td>17.5%Cal</td> </tr> <tr> <td>Carb 99.9*g</td> <td>49.9%Cal</td> </tr> <tr> <td>T.Fat 28.2*g</td> <td>31.7%Cal</td> </tr> <tr> <td>S.Fat 10.1*g</td> <td>11.4%Cal</td> </tr> </table>	Nutrients	Target	Cals... 800*	114%	Sodium. 1107* mg		Prot 35.1*g	17.5%Cal	Carb 99.9*g	49.9%Cal	T.Fat 28.2*g	31.7%Cal	S.Fat 10.1*g	11.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 976*</td> <td>139%</td> </tr> <tr> <td>Sodium. 1746* mg</td> <td></td> </tr> <tr> <td>Prot 44.4*g</td> <td>18.2%Cal</td> </tr> <tr> <td>Carb 127.6*g</td> <td>52.3%Cal</td> </tr> <tr> <td>T.Fat 30.6*g</td> <td>28.2%Cal</td> </tr> <tr> <td>S.Fat 12.8*g</td> <td>11.8%Cal</td> </tr> </table>	Nutrients	Target	Cals... 976*	139%	Sodium. 1746* mg		Prot 44.4*g	18.2%Cal	Carb 127.6*g	52.3%Cal	T.Fat 30.6*g	28.2%Cal	S.Fat 12.8*g	11.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 1096*</td> <td>157%</td> </tr> <tr> <td>Sodium. 1603* mg</td> <td></td> </tr> <tr> <td>Prot 49.3*g</td> <td>18.0%Cal</td> </tr> <tr> <td>Carb 166.5*g</td> <td>60.8%Cal</td> </tr> <tr> <td>T.Fat 29.0*g</td> <td>23.8%Cal</td> </tr> <tr> <td>S.Fat 9.5*g</td> <td>7.8%Cal</td> </tr> </table>	Nutrients	Target	Cals... 1096*	157%	Sodium. 1603* mg		Prot 49.3*g	18.0%Cal	Carb 166.5*g	60.8%Cal	T.Fat 29.0*g	23.8%Cal	S.Fat 9.5*g	7.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 571*</td> <td>95%</td> </tr> <tr> <td>Sodium. 1322* mg</td> <td></td> </tr> <tr> <td>Prot 29.3*g</td> <td>20.5%Cal</td> </tr> <tr> <td>Carb 89.5*g</td> <td>62.7%Cal</td> </tr> <tr> <td>T.Fat 9.5*g</td> <td>15.0%Cal</td> </tr> <tr> <td>S.Fat 2.8*g</td> <td>4.4%Cal</td> </tr> </table>	Nutrients	Target	Cals... 571*	95%	Sodium. 1322* mg		Prot 29.3*g	20.5%Cal	Carb 89.5*g	62.7%Cal	T.Fat 9.5*g	15.0%Cal	S.Fat 2.8*g	4.4%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 836*</td> <td>119%</td> </tr> <tr> <td>Sodium. 1727* mg</td> <td></td> </tr> <tr> <td>Prot 39.8*g</td> <td>19.0%Cal</td> </tr> <tr> <td>Carb 109.3*g</td> <td>52.3%Cal</td> </tr> <tr> <td>T.Fat 30.4*g</td> <td>32.8%Cal</td> </tr> <tr> <td>S.Fat 13.3*g</td> <td>14.4%Cal</td> </tr> </table>	Nutrients	Target	Cals... 836*	119%	Sodium. 1727* mg		Prot 39.8*g	19.0%Cal	Carb 109.3*g	52.3%Cal	T.Fat 30.4*g	32.8%Cal	S.Fat 13.3*g	14.4%Cal
Nutrients	Target																																																																									
Cals... 800*	114%																																																																									
Sodium. 1107* mg																																																																										
Prot 35.1*g	17.5%Cal																																																																									
Carb 99.9*g	49.9%Cal																																																																									
T.Fat 28.2*g	31.7%Cal																																																																									
S.Fat 10.1*g	11.4%Cal																																																																									
Nutrients	Target																																																																									
Cals... 976*	139%																																																																									
Sodium. 1746* mg																																																																										
Prot 44.4*g	18.2%Cal																																																																									
Carb 127.6*g	52.3%Cal																																																																									
T.Fat 30.6*g	28.2%Cal																																																																									
S.Fat 12.8*g	11.8%Cal																																																																									
Nutrients	Target																																																																									
Cals... 1096*	157%																																																																									
Sodium. 1603* mg																																																																										
Prot 49.3*g	18.0%Cal																																																																									
Carb 166.5*g	60.8%Cal																																																																									
T.Fat 29.0*g	23.8%Cal																																																																									
S.Fat 9.5*g	7.8%Cal																																																																									
Nutrients	Target																																																																									
Cals... 571*	95%																																																																									
Sodium. 1322* mg																																																																										
Prot 29.3*g	20.5%Cal																																																																									
Carb 89.5*g	62.7%Cal																																																																									
T.Fat 9.5*g	15.0%Cal																																																																									
S.Fat 2.8*g	4.4%Cal																																																																									
Nutrients	Target																																																																									
Cals... 836*	119%																																																																									
Sodium. 1727* mg																																																																										
Prot 39.8*g	19.0%Cal																																																																									
Carb 109.3*g	52.3%Cal																																																																									
T.Fat 30.4*g	32.8%Cal																																																																									
S.Fat 13.3*g	14.4%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 Veg Fruit Bar Tuesday MILK - Variety</p>	<p>Jan - 23</p> <p>Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Grapes, Fresh Veg Fruit Bar Wednesda MILK - Variety</p>	<p>Jan - 24</p> <p>Baked Steak with Gravy Mashed Potatoes Carrots Honey Coins Pears, Sliced Hot Roll WG Veg Fruit Bar Thursday MILK - Variety</p>	<p>Jan - 25</p> <p>Chili Con Carne w Beans Corndog WG Mustard, individual Broccoli, Parmesan Peaches Veg Fruit Bar Friday MILK - Variety</p>																																																																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 0*</td> <td>0%</td> </tr> <tr> <td>Sodium. 0* mg</td> <td></td> </tr> <tr> <td>Prot 0.0*g</td> <td>0.0%Cal</td> </tr> <tr> <td>Carb 0.0*g</td> <td>0.0%Cal</td> </tr> <tr> <td>T.Fat 0.0*g</td> <td>0.0%Cal</td> </tr> <tr> <td>S.Fat 0.0*g</td> <td>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%;">Target</td> </tr> <tr> <td>Cals... 882*</td> <td>126%</td> </tr> <tr> <td>Sodium. 1694* mg</td> <td></td> </tr> <tr> <td>Prot 44.2*g</td> <td>20.0%Cal</td> </tr> <tr> <td>Carb 100.7*g</td> <td>45.7%Cal</td> </tr> <tr> <td>T.Fat 33.1*g</td> <td>33.8%Cal</td> </tr> <tr> <td>S.Fat 13.0*g</td> <td>13.2%Cal</td> </tr> </table>	Nutrients	Target	Cals... 882*	126%	Sodium. 1694* mg		Prot 44.2*g	20.0%Cal	Carb 100.7*g	45.7%Cal	T.Fat 33.1*g	33.8%Cal	S.Fat 13.0*g	13.2%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 775*</td> <td>111%</td> </tr> <tr> <td>Sodium. 1474* mg</td> <td></td> </tr> <tr> <td>Prot 46.2*g</td> <td>23.8%Cal</td> </tr> <tr> <td>Carb 106.9*g</td> <td>55.2%Cal</td> </tr> <tr> <td>T.Fat 17.2*g</td> <td>20.0%Cal</td> </tr> <tr> <td>S.Fat 4.2*g</td> <td>4.8%Cal</td> </tr> </table>	Nutrients	Target	Cals... 775*	111%	Sodium. 1474* mg		Prot 46.2*g	23.8%Cal	Carb 106.9*g	55.2%Cal	T.Fat 17.2*g	20.0%Cal	S.Fat 4.2*g	4.8%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 794*</td> <td>113%</td> </tr> <tr> <td>Sodium. 1209* mg</td> <td></td> </tr> <tr> <td>Prot 29.1*g</td> <td>14.6%Cal</td> </tr> <tr> <td>Carb 115.5*g</td> <td>58.1%Cal</td> </tr> <tr> <td>T.Fat 24.9*g</td> <td>28.2%Cal</td> </tr> <tr> <td>S.Fat 9.8*g</td> <td>11.1%Cal</td> </tr> </table>	Nutrients	Target	Cals... 794*	113%	Sodium. 1209* mg		Prot 29.1*g	14.6%Cal	Carb 115.5*g	58.1%Cal	T.Fat 24.9*g	28.2%Cal	S.Fat 9.8*g	11.1%Cal	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Nutrients</td> <td style="width: 50%;">Target</td> </tr> <tr> <td>Cals... 710*</td> <td>101%</td> </tr> <tr> <td>Sodium. 1395* mg</td> <td></td> </tr> <tr> <td>Prot 40.3*g</td> <td>22.7%Cal</td> </tr> <tr> <td>Carb 93.0*g</td> <td>52.4%Cal</td> </tr> <tr> <td>T.Fat 20.8*g</td> <td>26.4%Cal</td> </tr> <tr> <td>S.Fat 7.0*g</td> <td>8.9%Cal</td> </tr> </table>	Nutrients	Target	Cals... 710*	101%	Sodium. 1395* mg		Prot 40.3*g	22.7%Cal	Carb 93.0*g	52.4%Cal	T.Fat 20.8*g	26.4%Cal	S.Fat 7.0*g	8.9%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... 882*	126%																																																																									
Sodium. 1694* mg																																																																										
Prot 44.2*g	20.0%Cal																																																																									
Carb 100.7*g	45.7%Cal																																																																									
T.Fat 33.1*g	33.8%Cal																																																																									
S.Fat 13.0*g	13.2%Cal																																																																									
Nutrients	Target																																																																									
Cals... 775*	111%																																																																									
Sodium. 1474* mg																																																																										
Prot 46.2*g	23.8%Cal																																																																									
Carb 106.9*g	55.2%Cal																																																																									
T.Fat 17.2*g	20.0%Cal																																																																									
S.Fat 4.2*g	4.8%Cal																																																																									
Nutrients	Target																																																																									
Cals... 794*	113%																																																																									
Sodium. 1209* mg																																																																										
Prot 29.1*g	14.6%Cal																																																																									
Carb 115.5*g	58.1%Cal																																																																									
T.Fat 24.9*g	28.2%Cal																																																																									
S.Fat 9.8*g	11.1%Cal																																																																									
Nutrients	Target																																																																									
Cals... 710*	101%																																																																									
Sodium. 1395* mg																																																																										
Prot 40.3*g	22.7%Cal																																																																									
Carb 93.0*g	52.4%Cal																																																																									
T.Fat 20.8*g	26.4%Cal																																																																									
S.Fat 7.0*g	8.9%Cal																																																																									
<p>Jan - 28</p> <p>Chicken Patty WG Bun Lettuce &amp; Tomato Baked Beans Baked Fries ketchup, indiv 7 grams Apricot Cup Veg Fruit Bar Monday MILK - Variety</p>	<p>Jan - 29</p> <p>BEEF VEGETABLE SOUP Toasted WG Cheese Sandwi Celery Sticks w Wow Butter FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety</p>	<p>Jan - 30</p> <p>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</p>	<p>Jan - 31</p> <p>Mexican Cuisine Menu Taco, Beef &amp; Cheese Crispitos Chicken &amp; Chee Lettuce &amp; Tomato SPANISH RICE MEXICAN CORN Churro, Raspberry Orange Slices Veg Fruit Bar Thursday 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  
MIDDLE SCHOOL MAIN LINE JANUARY 2019

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target				
Cals...	926*	132%	Cals...	866*	124%	Cals...	1234*	176%	Cals...	1137*	162%			
Sodium.	1741*	mg	Sodium.	1790*	mg	Sodium.	1539*	mg	Sodium.	1373*	mg			
Prot	44.3*g	19.1%Cal	Prot	38.8*g	17.9%Cal	Prot	48.8*g	15.8%Cal	Prot	50.8*g	17.9%Cal			
Carb	140.3*g	60.6%Cal	Carb	98.2*g	45.4%Cal	Carb	165.2*g	53.6%Cal	Carb	163.4*g	57.5%Cal			
T.Fat	21.7*g	21.1%Cal	T.Fat	36.0*g	37.4%Cal	T.Fat	44.8*g	32.7%Cal	T.Fat	39.6*g	31.3%Cal			
S.Fat	5.0*g	4.9%Cal	S.Fat	13.7*g	14.2%Cal	S.Fat	10.4*g	7.6%Cal	S.Fat	12.3*g	9.8%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.**