

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
			Nov - 1 Ham & CheeseWG Flatbrea Sun Chips WG Refried Beans Tomatoes, Cherry Ranch Dip, FF Strawberries FRESH APPLE WEDGES MILK - Variety	Nov - 2 Cheeseburger WG Bun Baked Fries ketchup, indiv 7 grams BROCCOLI,raw Cucumber Slices Ranch Dip, FF KIWI FRESH APPLE WEDGES MILK - Variety																																																																																																									
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Nov - 5 Steak/CheeseWG Hoagie CRACKERS, CHEDDAR FISH Tomatoes, Cherry Carrot Sticks w Dip FRESH APPLE WEDGES Orange, Fresh MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 Italian Sub Potato Rounds ketchup, indiv 7 grams Cucumber Slices Ranch Dip, FF Grapes, Fresh PEACHES CUP MILK - Variety	Nov - 8 Chicken/Bacon RanchWG H PRETZELS, FISH SHAPED BROCCOLI,raw Carrot Sticks w Dip BANANA, SMALL Mandarin Oranges, cup MILK - Variety	Nov - 9 MEATBALL SUB Nacho Scoops WG Salsa/H Baked Beans Cucumber Slices Ranch Dip, FF Orange Slices APPLE, MED. MILK - Variety																																																																																																									
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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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Nov - 12 NO SCHOOL	Nov - 13 Chicken Patty WG Bun Sun Chips WG Baked Beans Carrot Sticks w Dip Orange, Fresh FRESH APPLE WEDGES MILK - Variety	Nov - 14 BBQ Pork WG Bun Cheese, Cheddar, Cubes Cucumber Slices BROCCOLI,raw Ranch Dip, FF APPLE, MED. Grapes, Fresh MILK - Variety	Nov - 15 Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Pumpkin or Apple Pie/Top Hot Roll WG MILK - Variety	Nov - 16 Ranch Chicken/Cheddar Wr Munch WG Snack Mix Red & Orange Peppers Tomatoes, Cherry Ranch Dip, FF Strawberry Cup Grapes, Fresh MILK - Variety																																																																																																																																																																																																																		
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Prot	42.4g	17.6%Cal																																																																																																																																																																																																																				
Carb	128.0g	53.1%Cal																																																																																																																																																																																																																				
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Prot	41.7g	23.2%Cal																																																																																																																																																																																																																				
Carb	105.5g	58.7%Cal																																																																																																																																																																																																																				
T.Fat	17.6g	22.0%Cal																																																																																																																																																																																																																				
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Prot	44.3g	15.8%Cal																																																																																																																																																																																																																				
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T.Fat	11.6g	18.6%Cal																																																																																																																																																																																																																				
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Nov - 26 Steak/CheeseWG Hoagie PRETZELS, FISH SHAPED Cucumber Slices Ranch Dip, FF Celery Sticks Wow Butter Grapes, Fresh APPLE, MED. MILK - Variety	Nov - 27 Ham & Cheese WG Croissa Nacho Scoops WG Salsa/H Red & Orange Peppers Refried Beans Mandarin Oranges, cup FRESH APPLE WEDGES MILK - Variety	Nov - 28 TURKEY SUB Potato Rounds BROCCOLI, FRESH Carrot Sticks Ranch Dip, FF PEACHES CUP APPLE, MED. MILK - Variety	Nov - 29 Pizza WG Peppero/Che Flat Sun Chips WG Cucumber Slices Tomatoes, Cherry Ranch Dip, FF Strawberry Cup Orange, Fresh MILK - Variety	Nov - 30 Corndog WG Chex Mix WG Tomatoes, Cherry CELERY/CARROTS Ranch Dip, FF Orange Slices Grapes, Fresh MILK - Variety																																																																																																																																																																																																																		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	967	114%	Cals...	901	106%	Cals...	870	102%	Cals...	695	93%	Cals...	578	77%
Sodium.	1484 mg		Sodium.	1512 mg		Sodium.	1757 mg		Sodium.	1261 mg		Sodium.	1227 mg	
Prot	41.4g	17.1%Cal	Prot	34.9g	15.5%Cal	Prot	37.5g	17.2%Cal	Prot	33.0g	19.0%Cal	Prot	21.8g	15.1%Cal
Carb	114.1g	47.2%Cal	Carb	129.8g	57.6%Cal	Carb	148.5g	68.3%Cal	Carb	77.8g	44.8%Cal	Carb	98.6g	68.3%Cal
T.Fat	39.9g	37.1%Cal	T.Fat	26.9g	26.9%Cal	T.Fat	18.3g	18.9%Cal	T.Fat	15.3g	19.8%Cal	T.Fat	11.8g	18.4%Cal
S.Fat	12.7*g	11.8%Cal	S.Fat	2.0*g	2.0%Cal	S.Fat	6.6*g	6.8%Cal	S.Fat	6.6*g	8.5%Cal	S.Fat	2.8*g	4.4%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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