

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
			Nov - 1 BEEFY NACHOS WG Rice, Spanish WG Refried Beans CORN COBBETT Red & Orange Peppers Jello w Fruit Mix Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 2 Pepperoni/Cheese WG Roll Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday Middle MILK - Variety																																																																																																									
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Nov - 5 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Blueberry Shortcake Hot Roll WG Veg Fruit Bar Monday Midd MILK - Variety	Nov - 6 NO SCHOOL	Nov - 7 Chili Con Carne w Beans Toasted WG Cheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Wed Middle MILK - Variety	Nov - 8 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 9 Ham/Ched Cheese WG Roll Broccoli, Parmesan Baked Beans Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday Middle 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 Cheeseburger/Pretzel Bun Lettuce & Tomato Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday Midd MILK - Variety	Nov - 14 Hot Dog WG bun with chili Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams Carrot Sticks w Dip FRUIT COCKTAIL Veg Fruit Bar Wed Middle 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 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Texas Toast Veg Fruit Bar Friday Middle MILK - Variety																																																																																																																																																																																																																		
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Prot	47.3*g	18.6%Cal																																																																																																																																																																																																																				
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Nov - 26 Macaroni and Cheese Chicken Fries Carrots Honey Coins Peas Pineapple Tidbits Hot Roll WG MILK - Variety	Nov - 27 Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Red & Orange Peppers Broccoli, Parmesan Mandarin Oranges MILK - Variety	Nov - 28 Baked Steak with Gravy Mashed Potatoes Green Beans w Garlic FRUIT COCKTAIL Hot Roll WG Jello MILK - Variety	Nov - 29 CHICKEN ALFREDO WITH A Caesar Salad w Ranch Dres Green Beans w Garlic Pears, Sliced Texas Toast Veg Fruit Bar Thursday Mid MILK - Variety	Nov - 30 Chili Con Carne w Beans Corndog WG Mustard, individual Cucumber Slices Ranch Dip, FF Blueberries/Strawberries Mi Veg Fruit Bar Friday Middle MILK - Variety																																																																																																																																																																																																																		

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

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CABELL COUNTY SCHOOLS

CAREER TECHNOLOGY MAIN LUNCH MENU NOVEMBER 2018

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	1014*	119%	Cals...	794*	100%	Cals...	775*	100%	Cals...	805*	100%	Cals...	683*	91%
Sodium.	1324*	mg	Sodium.	1251*	mg	Sodium.	1051*	mg	Sodium.	1286*	mg	Sodium.	1281*	mg
Prot	46.5*g	18.4%Cal	Prot	46.5*g	23.5%Cal	Prot	30.6*g	15.8%Cal	Prot	47.6*g	23.6%Cal	Prot	33.2*g	19.4%Cal
Carb	133.4*g	52.6%Cal	Carb	114.4*g	57.6%Cal	Carb	107.9*g	55.7%Cal	Carb	121.2*g	60.2%Cal	Carb	95.7*g	56.0%Cal
T.Fat	34.9*g	31.0%Cal	T.Fat	17.2*g	19.5%Cal	T.Fat	25.8*g	30.0%Cal	T.Fat	16.5*g	18.4%Cal	T.Fat	20.4*g	26.8%Cal
S.Fat	13.0*g	11.6%Cal	S.Fat	4.2*g	4.7%Cal	S.Fat	8.6*g	9.9%Cal	S.Fat	5.8*g	6.5%Cal	S.Fat	6.4*g	8.4%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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