

CABELL COUNTY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
			Nov - 1 Beefy Nachos WG Rice, Spanish WG Refried Beans CORN COBBETT Jello w Fruit Mix Veg Fruit Bar Thursday MILK - Variety	Nov - 2 Pepperoni/Cheese WG Roll Corn Cucumber Slices Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Friday 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 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 Wednesda MILK - Variety	Nov - 8 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Nov - 9 Ham/Ched Cheese WG Roll Broccoli, Parmesan Baked Beans Orange Slices Cookie Choc Chip WW Veg Fruit Bar Friday 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 Hamburger on Pretzel Bun Lettuce & Tomato Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday MILK - Variety	Nov - 14 Hot Dog WG bun with chili Creamy Cole Slaw Potato Rounds ketchup, indiv 7 grams FRUIT COCKTAIL Veg Fruit Bar Wednesda 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 MILK - Variety																																																																						
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Nov - 26 Macaroni and Cheese Chicken Fries Carrots Honey Coins Peas Pineapple Tidbits MILK - Variety	Nov - 27 Chicken Chimichanga Nacho Scoops WG Salsa/H Refried Beans Broccoli, Parmesan Mandarin Oranges MILK - Variety	Nov - 28 Baked Steak with Gravy Mashed Potatoes Green Beans w Garlic FRUIT COCKTAIL Hot Roll WG MILK - Variety	Nov - 29 Pizza WG Pepperoni/Chees Caesar Salad w Ranch Dres Celery Sticks w Wow Butter Pears, Sliced Veg Fruit Bar Thursday 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 MILK - Variety																																																																						

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***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

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CABELL COUNTY SCHOOLS

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target		Nutrients	Target	
Cals...	846*	130%	Cals...	766*	118%	Cals...	637*	100%	Cals...	899*	138%	Cals...	664*	102%
Sodium.	1130*	mg	Sodium.	1248*	mg	Sodium.	883*	mg	Sodium.	1452*	mg	Sodium.	1467*	mg
Prot	42.1*g	19.9%Cal	Prot	45.6*g	23.8%Cal	Prot	27.6*g	17.3%Cal	Prot	47.4*g	21.1%Cal	Prot	33.4*g	20.1%Cal
Carb	104.6*g	49.4%Cal	Carb	108.5*g	56.7%Cal	Carb	80.1*g	50.3%Cal	Carb	103.3*g	46.0%Cal	Carb	89.8*g	54.1%Cal
T.Fat	30.6*g	32.5%Cal	T.Fat	16.9*g	19.9%Cal	T.Fat	23.7*g	33.5%Cal	T.Fat	30.4*g	30.4%Cal	T.Fat	19.4*g	26.2%Cal
S.Fat	12.4*g	13.2%Cal	S.Fat	4.1*g	4.8%Cal	S.Fat	8.2*g	11.6%Cal	S.Fat	10.2*g	10.2%Cal	S.Fat	6.2*g	8.4%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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