

**CABELL COUNTY SCHOOLS**  
**HIGH SCHOOL GRAB N GO BREAKFAST**  
**NOVEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1  Cereal to Go WG Strawberry Yogurt Chex Mi Sausage Pancake WG Stick Chicken & Slider Bun WG Fruit Juice, Assorted Orange, Fresh APPLE, MED. MILK - Variety	Nov - 2  Cereal to Go WG MVP WG Low Fat Donut Sausage on Biscuit Chicken & Slider Bun WG Fruit Juice, Assorted FRESH PEAR APPLE, MED. BANANA, SMALL MILK - Variety
Nov - 5  Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Sausage on Biscuit Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Nov - 6  NO SCHOOL	Nov - 7  Cereal to Go WG Bread, Zucchini WG Cheese Stick Breakfast Egg/Ham/Cheese Wrap Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Nov - 8  Cereal to Go WG CEREAL BAR WG CINNAM Sausage on Biscuit Egg/Cheese WG Croissant Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Nov - 9  Cereal to Go WG Breakfast Tart Egg & Cheese Pretzel Bun Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety
Nov - 12  NO SCHOOL	Nov - 13  Cereal to Go WG Bagel, Mini Strawberry Crea Breakfast Pizza WG Sausage on Biscuit Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Nov - 14  Cereal to Go WG Pancake WG Bites Chicken & Slider Bun WG Egg & Cheese Flat BreadW Fruit Juice, Assorted Strawberries BANANA, SMALL Orange, Fresh MILK - Variety	Nov - 15  Cereal to Go WG Muffin WG Chocolate Chip Cheese Stick Breakfast Chicken & Biscuit Sausage Pancake WG Stick Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Nov - 16  Cereal to Go WG Breakfast Tart Sausage & Slider WG Bun Toasted Cheese Sandwich Fruit Juice, Assorted Orange, Fresh FRESH PEAR APPLE, MED. MILK - Variety
Nov - 19  NO SCHOOL	Nov - 20  NO SCHOOL	Nov - 21  NO SCHOOL	Nov - 22  NO SCHOOL	Nov - 23  NO SCHOOL

**\*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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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
Cereal to Go WG MVP WG Low Fat Donut Breakfast Pizza WG Chicken & Slider Bun WG Fruit Juice, Assorted Orange, Fresh APPLE, MED. MILK - Variety	Cereal to Go WG Yogurt breakfast - 4 oz Egg/Cheese WG Croissant Sausage on Biscuit Fruit Juice, Assorted APPLE, MED. BANANA, SMALL MILK - Variety	Cereal to Go WG Muffin, WG Blueberry Cheese Stick Breakfast Sausage Pancake WG Stick Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL APPLE, MED. MILK - Variety	Cereal to Go WG Waffles, Maple Mini WG Sausage on Biscuit Chicken & Slider Bun WG Fruit Juice, Assorted Orange, Fresh FRESH PEAR APPLE, MED. MILK - Variety	Cereal to Go WG Breakfast Tart Egg/Bacon/Cheese Wrap Chicken & Slider Bun WG Fruit Juice, Assorted BANANA, SMALL Strawberries APPLE, MED. MILK - Variety

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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