

CABELL COUNTY SCHOOLS

HIGH SCHOOL-SALAD BAR LINE NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Nov - 2 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

**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.*

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 5 Ham, diced, Pat. Farms .25 TURKEY Cooked,Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES,FRESH,RED RIP Cucumber Slices ONIONS,RED,RAW CAULIFLOWER,raw Celery Sticks Dressing Assorted Salad Ba Chicken Noodle Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar	Nov - 6 NO SCHOOL	Nov - 7 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Nov - 8 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Nov - 9 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 12 NO SCHOOL	Nov - 13 Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Nov - 14 Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	Nov - 15 CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Nov - 16 Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate
Nov - 19 NO SCHOOL	Nov - 20 NO SCHOOL	Nov - 21 NO SCHOOL	Nov - 22 NO SCHOOL	Nov - 23 NO SCHOOL

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
Ham, diced, Pat. Farms .25 TURKEY Cooked,Chopped Eggs, Hard Cooked, USFoo Cheese Blended Mozz & Ch Lettuce Romaine BROCCOLI, FRESH Carrot Sticks TOMATOES,FRESH,RED RIP Cucumber Slices ONIONS,RED,RAW CAULIFLOWER,raw Celery Sticks Dressing Assorted Salad Ba Chicken Noodle Soup Hot Roll WG Fresh Fruit for Bar Monday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United fruit juice bar	Chicken Diced Springer Mt Cheese Blended Mozz & Ch Soup Taco Lettuce Romaine BROCCOLI,raw TOMATOES,FRESH,RED RIP Carrot Sticks Celery Sticks ONIONS,RED,RAW Cucumber Slices CAULIFLOWER,raw Tortilla, Flour 10" Tortilla Chips,WG white cor Dressing Assorted Salad Ba Fresh Fruit for Bar Tuesday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate	Taco Meat for Taco Salad B Cheese Blended Mozz & Ch REFRIED BEANS Tortilla, Flour 8" Tortilla Chips,WG white cor Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Peppers Green Taco Sauce PPI Sour Cream Carrot Sticks Fresh Fruit for Bar Wednes Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Sherbet, Luigi's , Orange Dressing Assorted Salad Ba	CHILI CON CARNE W/ BEA Cheese Blended Mozz & Ch Potato Baked BROCCOLI, FRESH Carrot Sticks Lettuce Romaine TOMATOES,FRESH,RED RIP Bread&Cheese Stuf WG CRACKERS, WG Fresh Fruit for Bar Thursday Margarine, cup, indiv. Sour Cream Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United FRUIT SMOOTHIE Dressing Assorted Salad Ba	Chicken Breast 3 oz Raw HARD BOILED EGG Cheese Blended Mozz & Ch Lettuce Romaine TOMATOES,FRESH,RED RIP ONIONS,RED,RAW Celery Sticks Carrot Sticks CAULIFLOWER,raw Cucumber Slices Potato Baked VEGETABLE SOUP Breadstick WG Panini WG Bread Dressing Assorted Salad Ba Sour Cream Margarine, cup, indiv. Fresh Fruit for Bar Friday Milk, Nonfat Chocolate Uni Milk, 1% white, United Milk, Skim, United Pudding, Chocolate

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