

CABELL COUNTY SCHOOLS

ELEMENTARY PK LUNCH MENU NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
			Nov - 1 Beefy Nachos WG Rice, Spanish WG Refried Beans CORN COBBETT FRUIT COCKTAIL Veg Fruit Bar Thursday MILK - Variety	Nov - 2 NO SCHOOL																																																																						
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Nov - 5 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Peaches 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 Pepperoni/Cheese WG Roll Broccoli, Parmesan Baked Beans Orange Slices Veg Fruit Bar Friday MILK - Variety	Nov - 9 NO SCHOOL																																																																						
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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 WG Bun Lettuce & Tomato Baked Beans CORN COBBETT Peaches Veg Fruit Bar Tuesday MILK - Variety	Nov - 14 Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Texas Toast Veg Fruit Bar Friday MILK - Variety	Nov - 15 Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Pumpkin or Apple Pie/Top Hot Roll WG MILK - Variety	Nov - 16 NO SCHOOL																																																																																																																																																																																																																		
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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 NO SCHOOL																																																																																																																																																																																																																		

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

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CABELL COUNTY SCHOOLS

ELEMENTARY PK LUNCH MENU NOVEMBER 2018

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...	0	0%
Sodium.	1130 mg		Sodium.	1248 mg		Sodium.	883 mg		Sodium.	1452 mg		Sodium.	0 mg	
Prot	42.1g	19.9%Cal	Prot	45.6g	23.8%Cal	Prot	27.6*g	17.3%Cal	Prot	47.4*g	21.1%Cal	Prot	0.0*g	0.0%Cal
Carb	104.6g	49.4%Cal	Carb	108.5g	56.7%Cal	Carb	80.1g	50.3%Cal	Carb	103.3g	46.0%Cal	Carb	0.0g	0.0%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	0.0*g	0.0%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	0.0*g	0.0%Cal

USDA IS AN EQUAL OPPORTUNITY PROVIDER

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