

**CABELL COUNTY SCHOOLS**  
**PK BREAKFAST MENU DECEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3  Scooby Graham WG Wow Butter, Breakfast Sausage Pancake WG Stick Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Dec - 4  Cereal to Go WG Waffles, Maple Mini WG Cheese Stick Breakfast Craisins Fruit Juice, Assorted MILK - Variety	Dec - 5  Strawberry Yogurt Chex Mi Breakfast Pizza WG Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Dec - 6  Breakfast Tart Chicken & Biscuit Fruit Juice, Assorted BANANA, SMALL MILK - Variety	Dec - 7  NO SCHOOL
Nutrients      Target Cals...      794      122% Sodium.      879 mg Prot    29.0g    14.6%Cal Carb    91.2g    45.9%Cal T.Fat    35.0g    39.7%Cal S.Fat    9.3g    10.5%Cal	Nutrients      Target Cals...      752      116% Sodium.      837 mg Prot    22.0g    11.7%Cal Carb    142.3g    75.7%Cal T.Fat    14.2g    17.0%Cal S.Fat    4.8g    5.8%Cal	Nutrients      Target Cals...      555      100% Sodium.      936 mg Prot    20.1g    14.5%Cal Carb    95.2g    68.6%Cal T.Fat    11.3g    18.3%Cal S.Fat    2.9g    4.7%Cal	Nutrients      Target Cals...      751      116% Sodium.      1198 mg Prot    30.3g    16.2%Cal Carb    113.4g    60.4%Cal T.Fat    21.4g    25.7%Cal S.Fat    10.5g    12.6%Cal	Nutrients      Target Cals...      0      0% Sodium.      0 mg Prot    0.0g    0.0%Cal Carb    0.0g    0.0%Cal T.Fat    0.0g    0.0%Cal S.Fat    0.0g    0.0%Cal
Dec - 10  Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted PEACHES CUP MILK - Variety	Dec - 11  Cereal to Go WG Egg/Cheese WG Croissant Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Dec - 12  Cereal to Go WG Pancake WG Bites Yogurt breakfast - 4 oz Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Dec - 13  Cereal to Go WG Muffin WG Chocolate Chip Cheese Stick Breakfast BANANA, SMALL Fruit Juice, Assorted MILK - Variety	Dec - 14  NO SCHOOL
Nutrients      Target Cals...      752      116% Sodium.      1303 mg Prot    21.3g    11.4%Cal Carb    99.5g    52.9%Cal T.Fat    30.2g    36.1%Cal S.Fat    14.9g    17.9%Cal	Nutrients      Target Cals...      597      100% Sodium.      816 mg Prot    20.0g    13.4%Cal Carb    92.2g    61.8%Cal T.Fat    16.7g    25.2%Cal S.Fat    6.7g    10.0%Cal	Nutrients      Target Cals...      631      100% Sodium.      895 mg Prot    23.5g    14.9%Cal Carb    100.9g    64.0%Cal T.Fat    14.5g    20.6%Cal S.Fat    4.6g    6.6%Cal	Nutrients      Target Cals...      598      100% Sodium.      902 mg Prot    23.3g    15.6%Cal Carb    104.3g    69.8%Cal T.Fat    11.0g    16.6%Cal S.Fat    5.4g    8.1%Cal	Nutrients      Target Cals...      0      0% Sodium.      0 mg Prot    0.0g    0.0%Cal Carb    0.0g    0.0%Cal T.Fat    0.0g    0.0%Cal S.Fat    0.0g    0.0%Cal
Dec - 17  Cereal to Go WG Oatmeal Cup WG Cinnamo FRESH APPLE WEDGES Fruit Juice, Assorted MILK - Variety	Dec - 18  Cereal to Go WG Yogurt breakfast - 4 oz Wowbutter Jammer Sandwi Fruit Juice, Assorted Strawberries MILK - Variety	Dec - 19  Cereal to Go WG Chicken & Slider Bun WG Fruit Juice, Assorted Apricot Cup MILK - Variety	Dec - 20  Cereal to Go WG Breakfast Pizza WG Fruit Juice, Assorted BANANA, SMALL MILK - Variety	Dec - 21  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.

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