

CABELL COUNTY SCHOOLS
PK BREAKFAST MENU JANUARY 2019

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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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Jan - 21 NO SCHOOL	Jan - 22 GRANOLA Yogurt breakfast - 4 oz Muffin, WG Blueberry Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Jan - 23 Cereal to Go WG Sausage on Biscuit Fruit Juice, Assorted Apricot Cup MILK - Variety	Jan - 24 Cereal to Go WG Breakfast Pizza WG Fruit Juice, Assorted Grapes, Fresh MILK - Variety	Jan - 25 NO SCHOOL																																																																																																																																												
<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>0</td><td>0%</td><td></td></tr> <tr><td>Sodium.</td><td>0 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> <tr><td>Carb</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> </table>	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		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>704</td><td>108%</td><td></td></tr> <tr><td>Sodium.</td><td>603 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>19.6g</td><td>11.1%Cal</td><td></td></tr> <tr><td>Carb</td><td>134.7g</td><td>76.6%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>10.0g</td><td>12.8%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>4.2g</td><td>5.3%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	704	108%		Sodium.	603 mg			Prot	19.6g	11.1%Cal		Carb	134.7g	76.6%Cal		T.Fat	10.0g	12.8%Cal		S.Fat	4.2g	5.3%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>743</td><td>114%</td><td></td></tr> <tr><td>Sodium.</td><td>1302 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>21.4g</td><td>11.5%Cal</td><td></td></tr> <tr><td>Carb</td><td>97.2g</td><td>52.3%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>30.2g</td><td>36.6%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>14.9g</td><td>18.1%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	743	114%		Sodium.	1302 mg			Prot	21.4g	11.5%Cal		Carb	97.2g	52.3%Cal		T.Fat	30.2g	36.6%Cal		S.Fat	14.9g	18.1%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>464</td><td>84%</td><td></td></tr> <tr><td>Sodium.</td><td>944 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>18.0g</td><td>15.5%Cal</td><td></td></tr> <tr><td>Carb</td><td>78.2g</td><td>67.3%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>8.5g</td><td>16.5%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>2.3g</td><td>4.5%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	464	84%		Sodium.	944 mg			Prot	18.0g	15.5%Cal		Carb	78.2g	67.3%Cal		T.Fat	8.5g	16.5%Cal		S.Fat	2.3g	4.5%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>0</td><td>0%</td><td></td></tr> <tr><td>Sodium.</td><td>0 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> <tr><td>Carb</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>0.0g</td><td>0.0%Cal</td><td></td></tr> </table>	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	
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Jan - 28 Cereal to Go WG Sausage Pancake WG Stick Fruit Juice, Assorted PEACHES CUP MILK - Variety	Jan - 29 Cereal to Go WG Yogurt breakfast - 4 oz Chicken & Slider Bun WG Fruit Juice, Assorted Strawberries MILK - Variety	Jan - 30 Cereal to Go WG Breakfast Pizza WG Fruit Juice, Assorted FRESH APPLE WEDGES MILK - Variety	Jan - 31 Cereal to Go WG Egg/Ch/C.Bacon English M Fruit Juice, Assorted BANANA, SMALL MILK - Variety																																																																																																																																													
<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>640</td><td>100%</td><td></td></tr> <tr><td>Sodium.</td><td>929 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>21.5g</td><td>13.4%Cal</td><td></td></tr> <tr><td>Carb</td><td>99.6g</td><td>62.2%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>17.5g</td><td>24.7%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>5.3g</td><td>7.5%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	640	100%		Sodium.	929 mg			Prot	21.5g	13.4%Cal		Carb	99.6g	62.2%Cal		T.Fat	17.5g	24.7%Cal		S.Fat	5.3g	7.5%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>677</td><td>104%</td><td></td></tr> <tr><td>Sodium.</td><td>988 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>32.5g</td><td>19.2%Cal</td><td></td></tr> <tr><td>Carb</td><td>114.6g</td><td>67.7%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>11.4g</td><td>15.1%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>2.3g</td><td>3.1%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	677	104%		Sodium.	988 mg			Prot	32.5g	19.2%Cal		Carb	114.6g	67.7%Cal		T.Fat	11.4g	15.1%Cal		S.Fat	2.3g	3.1%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>521</td><td>95%</td><td></td></tr> <tr><td>Sodium.</td><td>944 mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>18.1g</td><td>13.9%Cal</td><td></td></tr> <tr><td>Carb</td><td>92.7g</td><td>71.2%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>8.9g</td><td>15.4%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>2.4g</td><td>4.1%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	521	95%		Sodium.	944 mg			Prot	18.1g	13.9%Cal		Carb	92.7g	71.2%Cal		T.Fat	8.9g	15.4%Cal		S.Fat	2.4g	4.1%Cal		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Nutrients</td><td>Target</td><td></td><td></td></tr> <tr><td>Cals...</td><td>570</td><td>100%</td><td></td></tr> <tr><td>Sodium.</td><td>939* mg</td><td></td><td></td></tr> <tr><td>Prot</td><td>18.6*g</td><td>13.1%Cal</td><td></td></tr> <tr><td>Carb</td><td>96.6*g</td><td>67.8%Cal</td><td></td></tr> <tr><td>T.Fat</td><td>4.9*g</td><td>7.7%Cal</td><td></td></tr> <tr><td>S.Fat</td><td>2.2*g</td><td>3.4%Cal</td><td></td></tr> </table>	Nutrients	Target			Cals...	570	100%		Sodium.	939* mg			Prot	18.6*g	13.1%Cal		Carb	96.6*g	67.8%Cal		T.Fat	4.9*g	7.7%Cal		S.Fat	2.2*g	3.4%Cal																														
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USDA IS AN EQUAL OPPORTUNITY PROVIDER

**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.