

CABELL COUNTY SCHOOLS

ELEMENTARY PK LUNCH MENU DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Chicken Patty WG Bun Lettuce & Tomato Baked Fries ketchup, indiv 7 grams Baked Beans PEACHES CUP Veg Fruit Bar Monday MILK - Variety	Dec - 4 BEEF VEGETABLE SOUP Toasted WGCheese Sandwi BROCCOLI,raw Ranch Dip, FF FRESH APPLE WEDGES Veg Fruit Bar Tuesday MILK - Variety	Dec - 5 Beef a Roni WG Caesar Salad w Ranch Dres Carrots Honey Coins Orange Slices Hot Roll WG Ice Cream Veg Fruit Bar Thursday MILK - Variety	Dec - 6 Pepperoni/Cheese WG Roll Broccoli, Parmesan Cucumber Slices Ranch Dip, FF Pineapple Slices Veg Fruit Bar Thursday MILK - Variety	Dec - 7 NO SCHOOL
Nutrients Target Cals... 935 144% Sodium. 1742 mg Prot 44.2g 18.9%Cal Carb 142.6g 61.0%Cal T.Fat 21.7g 20.9%Cal S.Fat 5.0g 4.9%Cal	Nutrients Target Cals... 684 105% Sodium. 1843 mg Prot 32.6g 19.1%Cal Carb 94.8g 55.5%Cal T.Fat 21.0g 27.7%Cal S.Fat 10.7g 14.0%Cal	Nutrients Target Cals... 1113 171% Sodium. 1440 mg Prot 48.2g 17.3%Cal Carb 153.3g 55.1%Cal T.Fat 37.2g 30.1%Cal S.Fat 8.9*g 7.2%Cal	Nutrients Target Cals... 848 130% Sodium. 1827 mg Prot 44.8g 21.1%Cal Carb 105.1g 49.6%Cal T.Fat 31.6g 33.6%Cal S.Fat 14.1*g 14.9%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 0.0*g 0.0%Cal
Dec - 10 Chili Con Carne w Beans Toasted WGCheese Sandwi Cucumber Slices Ranch Dip, FF Pears, Sliced Veg Fruit Bar Monday MILK - Variety	Dec - 11 CREAMED TURKEY Texas Toast Mashed Potatoes Carrots Honey Coins Blueberries/Strawberries Mi Veg Fruit Bar Wednesda MILK - Variety	Dec - 12 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Dec - 13 Pizza WG Pepperoni/Chees Broccoli, Parmesan Baked Beans Orange Slices Veg Fruit Bar Friday MILK - Variety	Dec - 14 NO SCHOOL
Nutrients Target Cals... 789 121% Sodium. 1701 mg Prot 39.6g 20.1%Cal Carb 98.7g 50.0%Cal T.Fat 27.1g 30.9%Cal S.Fat 13.1*g 15.0%Cal	Nutrients Target Cals... 645 100% Sodium. 1339 mg Prot 28.2*g 17.5%Cal Carb 103.1g 63.9%Cal T.Fat 12.3g 17.2%Cal S.Fat 4.5*g 6.3%Cal	Nutrients Target Cals... 977* 150% Sodium. 1633* mg Prot 31.5*g 12.9%Cal Carb 145.5*g 59.5%Cal T.Fat 43.5*g 40.1%Cal S.Fat 19.5*g 17.9%Cal	Nutrients Target Cals... 755* 116% Sodium. 1643* mg Prot 50.6*g 26.8%Cal Carb 100.2*g 53.1%Cal T.Fat 14.6*g 17.3%Cal S.Fat 7.1*g 8.5%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal

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.

CABELL COUNTY SCHOOLS

ELEMENTARY PK LUNCH MENU DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Spaghetti w Meat Sauce Caesar Salad w Ranch Dres Carrots Honey Coins Pears, Sliced Breadstick WG Veg Fruit Bar Friday MILK - Variety	Hamburger WG Bun Lettuce & Tomato Baked Beans CORN COBBETT Strawberries & Bananas Veg Fruit Bar Tuesday MILK - Variety	Hot Dog WG bun with chili Creamy Cole Slaw Baked Fries ketchup, indiv 7 grams FRUIT COCKTAIL Veg Fruit Bar Wed Middle MILK - Variety	Turkey and Dressing Gravy, Turkey CRANBERRY SAUCE, ounce Mashed Potatoes Green Beans w Garlic Hot Roll WG TANGERINE Red Velvet Cookie MILK - Variety	NO SCHOOL
Nutrients Target Cals... 916* 141% Sodium. 1493* mg Prot 46.4*g 20.2%Cal Carb 133.0*g 58.1%Cal T.Fat 23.2*g 22.8%Cal S.Fat 8.5*g 8.4%Cal	Nutrients Target Cals... 996* 153% Sodium. 1229* mg Prot 46.2*g 18.5%Cal Carb 158.6*g 63.7%Cal T.Fat 24.0*g 21.7%Cal S.Fat 8.0*g 7.2%Cal	Nutrients Target Cals... 681* 105% Sodium. 1285* mg Prot 24.8*g 14.6%Cal Carb 91.1*g 53.5%Cal T.Fat 25.0*g 33.1%Cal S.Fat 9.6*g 12.6%Cal	Nutrients Target Cals... 987* 152% Sodium. 2121* mg Prot 42.4*g 17.2%Cal Carb 136.6*g 55.4%Cal T.Fat 31.7*g 28.9%Cal S.Fat 12.1*g 11.0%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal
Dec - 24	Dec - 25	Dec - 26	Dec - 27	Dec - 28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal
Dec - 31				
NO SCHOOL				
Nutrients Target Cals... 0* 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0*g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal				

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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.**

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