

CABELL COUNTY SCHOOLS

HIGH SCHOOL MAIN LUNCH MENU SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 8 Chicken Nuggets Baked Fries ketchup, indiv 7 grams Green Beans w Garlic Pears, Sliced Mandarin Oranges Vanilla Pudding Hot Roll WG MILK - Variety	Sep - 9 Pepperoni/Cheese WG Roll Nacho Scoops WG Salsa/H Broccoli, Parmesan Carrots Honey Coins Strawberries Applesauce MILK - Variety	Sep - 10 Baked Steak with Gravy Mashed Potatoes Peas WATERMELON Orange Slices Cheesecake Blueberry Tart Hot Roll WG MILK - Variety	Sep - 11 BARBECUED CHICKEN Cheesy Potatoes Baked Beans Grapes, Fresh PEACHES Fresh Texas Toast Teddy Grahams, Cinn MILK - Variety
Sep - 14 Chicken Teriyaki Quick Baked Potatoes California Blend Orange Wedges Strawberries Pudding, Chocolate Hot Roll WG MILK - Variety	Sep - 15 BEEFY NACHOS WG Rice, Spanish WG Refried Beans Red & Orange Peppers Corn KIWI Mandarin Oranges MILK - Variety	Sep - 16 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Grapes, Fresh Strawberries & Bananas Hot Roll WG Rice Krispy Treat MILK - Variety	Sep - 17 Spaghetti WG w Meat Sauc Caesar Salad w Ranch Dress Peas Pineapple Tidbits Orange Wedges WHITE CAKE W ICING Hot Roll WG MILK - Variety	Sep - 18 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Tomatoes, Parm Baked Apples, Hot/Cinnamon CANTALOUPE MILK - Variety
Sep - 21 Beef a Roni WG Caesar Salad w Ranch Dress Carrots Honey Coins Peaches APPLE CRISP FRUIT COCKTAIL Texas Toast MILK - Variety	Sep - 22 Chicken Nuggets Baked Fries ketchup, indiv 7 grams Green Beans w Garlic Pears, Sliced Mandarin Oranges Vanilla Pudding Hot Roll WG MILK - Variety	Sep - 23 Pepperoni/Cheese WG Roll Nacho Scoops WG Salsa/H Broccoli, Parmesan Carrots Honey Coins Strawberries BANANA, SMALL MILK - Variety	Sep - 24 Baked Steak with Gravy Mashed Potatoes Peas WATERMELON Orange Slices Cheesecake Blueberry Tart Hot Roll WG MILK - Variety	Sep - 25 BARBECUED CHICKEN Cheesy Potatoes Baked Beans Grapes, Fresh PEACHES Fresh Texas Toast Teddy Grahams, Cinn MILK - Variety

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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 28 Chicken Teriyaki Quick Baked Potatoes California Blend Orange Wedges Strawberries Pudding, Chocolate Hot Roll WG MILK - Variety	Sep - 29 BEEFY NACHOS WG Rice, Spanish WG Refried Beans Red & Orange Peppers Corn KIWI Mandarin Oranges MILK - Variety	Sep - 30 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Grapes, Fresh Strawberries & Bananas Hot Roll WG Rice Krispy Treat MILK - Variety		

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

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