

CABELL COUNTY SCHOOLS

MIDDLE SCHOOL MAIN LINE MARCH 2020

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Feb 27, 2020

Monday	Tuesday	Wednesday	Thursday	Friday																																																																						
Mar - 2 Barbecue Chicken Bean Soup Corn Orange Wedges CORNBREAD Veg Fruit Bar Monday Midd RICE KRISPY TREATS MILK - Variety	Mar - 3 CHICKEN AND NOODLES Green Beans w Garlic Carrots Honey Coins Grapes, Fresh Hot Roll WG Veg Fruit Bar Tuesday Midd MILK - Variety	Mar - 4 BEEFY NACHOS WG Rice, Spanish WG Refried Beans Broccoli, Parmesan Mandarin Oranges Veg Fruit Bar Wed Middle MILK - Variety	Mar - 5 BREAKFAST FOR LUNCH SCRAMBLED EGGS Sausage Pattie Biscuits and Gravy Potatoes, Diced Hashbrown Apples, Hot/Cinnamon Veg Fruit Bar Thursday MILK - Variety	Mar - 6 Pepperoni/Cheese WG Roll Salad Tossed Romaine w/R Peas & Carrots Strawberries & Bananas Veg Fruit Bar Friday MILK - Variety																																																																						
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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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Cals...	749* 107%																																																																									
Sodium.	1162* mg																																																																									
Prot	29.9*g 16.0%Cal																																																																									
Carb	102.3*g 54.7%Cal																																																																									
T.Fat	25.7*g 30.9%Cal																																																																									
S.Fat	8.6*g 10.4%Cal																																																																									
Nutrients	Target																																																																									
Cals...	747* 107%																																																																									
Sodium.	1570* mg																																																																									
Prot	37.5*g 20.0%Cal																																																																									
Carb	86.2*g 46.1%Cal																																																																									
T.Fat	29.7*g 35.8%Cal																																																																									
S.Fat	12.1*g 14.6%Cal																																																																									
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Mar - 30 Beef a Roni WG Broccoli, Parmesan Corn BLUEBERRY TARTW/WHIPP Pears, Sliced Hot Roll WG MILK - Variety	Mar - 31 Chicken Nachos WG Rice, Spanish WG Refried Beans Corn Mandarin Oranges 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.

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CABELL COUNTY SCHOOLS
MIDDLE SCHOOL MAIN LINE MARCH 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
Nutrients	Target		Nutrients	Target										
Cals...	943*	135%	Cals...	976*	139%									
Sodium.	1009*	mg	Sodium.	1353*	mg									
Prot	45.5*g	19.3%Cal	Prot	42.1*g	17.3%Cal									
Carb	139.4*g	59.2%Cal	Carb	136.5*g	56.0%Cal									
T.Fat	26.6*g	25.4%Cal	T.Fat	24.9*g	22.9%Cal									
S.Fat	8.1*g	7.7%Cal	S.Fat	5.3*g	4.9%Cal									

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

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