

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 1

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Week 1				
			August 3, 2017	August 4, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Popcorn Chicken	Steak and Gravy
			Sister Schubert Roll	Sister Schubert Roll
			Smokey BBQ Sidewinders	Mashed Potatoes w/ Gravy
			Baked Potato	Green Peas
			Broccoli with Cheese	Glazed Baby Carrots
			Purple Hull Peas	
			Tossed Salad	Tossed Salad
			Ranch Dressing	Ranch Dressing
			1000 Island Dressing	1000 Island Dressing
			Grapes	Strawberry Applesauce
Raisels, Dried Cranberries, Applesauce Cup, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.				

Lunch Meal Pattern

- 2 oz. meat/meat alternate daily (10 oz. minimum per week)
- 2 oz. equivalent grain daily (10 oz. eq. minimum per week)
- 1 cup of vegetable daily (5 cups per week)
- 1 cup of fruit daily (5 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice
- Sidekick and Ice Dog
- offered everyday as a fruit choice

Milk Choices:

- 1/2 pint lowfat 1% white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Sandwich Station

Sandwich Station				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 3, 2017	August 4, 2017
			Hamburger	Cheeseburger
			Breaded Chicken Sandwich	Philly Cheese Steak Sandwich
			Deli Turkey Sandwich	Deli Turkey Sandwich
			PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak
			Smokey BBQ Sidewinders	Seasoned Fries
			Broccoli with Cheese	Green Peas
			Fresh Apples, Oranges and Bananas	Fresh Apples, Oranges and Bananas
			Diced Peaches	Diced Peaches
			Diced Strawberries	Diced Strawberries
			Shredded Lettuce	Shredded Lettuce
			Sliced Tomatoes	Sliced Tomatoes
			Sliced Onions	Sliced Onions
			Hamburger Dill Pickles	Hamburger Dill Pickles

Raisels, Dried Cranberries, Applesauce Cup, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.

Lunch Meal Pattern

2 oz. meat/meat alternate daily (10 oz. minimum per week)
 2 oz. equivalent grain daily (10 oz. eq. minimum per week)
 1 cup of vegetable daily (5 cups per week)
 1 cup of fruit daily (5 cups per week)
 1 cup milk daily (5 cups per week)

4 oz. 100% Fruit Juice and
 1/2 cup 100% Frozen Fruit Juice
 Sidekick and Ice Dog
 offered everyday as a fruit choice

Milk Choices:

1/2 pint lowfat 1% white milk
 1/2 pint fat free 0% white milk
 1/2 pint fat free 0% chocolate milk
 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

HARDIN COUNTY HIGH SCHOOL MENU				
Salad Bar Plus				
			August 3, 2017	August 4, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Salad Bar	Soup and Salad Bar
				Vegetable Beef Soup
				Cheese Toast
			Pimento & Cheese	Pimento & Cheese
			Diced Pork Ham	Diced Pork Ham
			Grated Cheese	Grated Cheese
			Tossed Salad Mix	Tossed Salad Mix
			Diced Tomatoes	Diced Tomatoes
			Sliced Radishes	Sliced Radishes
			Sliced Cucumbers	Sliced Cucumbers
			Broccoli Florets	Broccoli Florets
			Baby Carrots	Baby Carrots
			Pepper Rings	Pepper Rings
			Diced Green Peppers	Diced Green Peppers
			Chopped Pickle Spears	Chopped Pickle Spears
			Cauliflower Florets	Cauliflower Florets
			Canned Fruit	Cantaloupe
			Chickpeas	Chickpeas
			Honey Mustard Dressing	Honey Mustard Dressing
			Ranch Dressing	Ranch Dressing
			1000 Island Dressing	1000 Island Dressing
			Saltine Crackers	Saltine Crackers
			Croutons	Croutons
Raisels, Dried Cranberries, Applesauce Cup, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.				

Lunch Meal Pattern

- 2 oz. meat/meat alternate daily (10 oz. minimum per week)
- 2 oz. equivalent grain daily (10 oz. eq. minimum per week)
- 1 cup of vegetable daily (5 cups per week)
- 1 cup of fruit daily (5 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice
- Sidekick and Ice Dog
- offered everyday as a fruit choice

Milk Choices:

- 1/2 pint lowfat 1% white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Mexican Bar

HARDIN COUNTY HIGH SCHOOL MENU				
Mexican Bar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 3, 2017	August 4, 2017
			Doritos	Tortilla Chips
			Taco Meat	Pulled Pork BBQ
			Cheese Sauce	Cheese Sauce
			Whole Kernel Corn	Mexican Rice
			Mexican Rice	
			Tossed Salad Mix	Tossed Salad Mix
			Diced Tomatoes	Diced Tomatoes
			Diced Green Peppers	Diced Green Peppers
			Diced Red Peppers	Diced Red Peppers
			Diced Onions	Diced Onions
			Sliced Black Olives	Sliced Black Olives
			Salsa (2)	Salsa (2)
			Sour Cream (2)	Sour Cream (2)
			Sliced Jalapeno Peppers	Sliced Jalapeno Peppers
			Fresh Fruit	Fresh Fruit
			Canned Fruit	Canned Fruit
			Honey Mustard Dressing	Honey Mustard Dressing
			Ranch Dressing	Ranch Dressing
			1000 Island Dressing	1000 Island Dressing
Raisels, Dried Cranberries, Applesauce Cup, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.				

Lunch Meal Pattern

- 2 oz. meat/meat alternate daily (10 oz. minimum per week)
- 2 oz. equivalent grain daily (10 oz. eq. minimum per week)
- 1 cup of vegetable daily (5 cups per week)
- 1 cup of fruit daily (5 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice
- Sidekick and Ice Dog
- offered everyday as a fruit choice

Milk Choices:

- 1/2 pint lowfat 1% white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Pizza Bars

HARDIN COUNTY HIGH SCHOOL MENU				
Pizza Bars				
			August 3, 2017	August 4, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2 Pizza Max Sticks	4X6 Pepperoni Pizza
			Cheese Pizza Wedge	Stuffed Crust Cheese Pizza
			Smokey BBQ Sidewinders	Seasoned Fries
			Tomatoes	Green Peas
				Glazed Baby Carrots
			Tossed Salad	Tossed Salad
			Ranch Dressing	Ranch Dressing
			1000 Island Dressing	1000 Island Dressing
			Grapes	Strawberries
Raisels, Dried Cranberries, Applesauce Cup, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.				

Lunch Meal Pattern

2 oz. meat/meat alternate daily (10 oz. minimum per week)
 2 oz. equivalent grain daily (10 oz. eq. minimum per week)
 1 cup of vegetable daily (5 cups per week)
 1 cup of fruit daily (5 cups per week)
 1 cup milk daily (5 cups per week)

4 oz. 100% Fruit Juice and
 1/2 cup 100% Frozen Fruit Juice
 Sidekick and Ice Dog
 offered everyday as a fruit choice

Milk Choices:

1/2 pint lowfat 1% white milk
 1/2 pint fat free 0% white milk
 1/2 pint fat free 0% chocolate milk
 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
			August 3, 2017	August 4, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Sausage and Biscuit	Sausage and Biscuit
			Chicken and Biscuit	Chicken and Biscuit
			Sausage Breakfast Pizza	Ham & Cheese Croissant
			Funnel Cake Waffles	
			Chocolate Donuts	Powdered Sugar Donuts
			Yogurt	Yogurt
			Mini Cinnis	Mini Cinnis
			Cereal	Cereal
			Nutri Grain Bar	Nutri Grain Bar
			Cereal Bar	Cereal Bar
			Chocolate Muffin	Honey Bun
			Pop-Tarts	Pop-Tarts
			Fresh Fruit	Fresh Fruit
			4 oz. Juice	4 oz. Juice
			Choice of Milk	Choice of Milk
Raisels, Dried Cranberries, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.				

Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 9 oz. eq. per week)
- 1 oz. Meat/Meat Alternate may be substituted for 1 oz. eq. Grain after daily minimum met
- 1 cup Fruit daily (5 cups per week)
- 1 cup Milk daily (5 cups per week)

Milk Choices:

- 1/2 pint lowfat 1% white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider