

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 2

Entrée Bar- Week 2				
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Rings	Oven Baked Breaded Chicken	Mini Meatloaf	Lasagna	Country Style Chicken w/ Peppered White Gravy
Sister Schubert Roll	Southern Style Biscuit	Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll
Smokey BBQ Sidewinders	Hashbrown Casserole	Ranch Potatoes	Baked Potato	Mashed Potatoes
Baked Potato	Green Peas	Broccoli with Cheese	Baked Sweet Potato	Lima Beans
Broccoli with Cheese	Glazed Baby Carrots		Whole Kernel Corn	Turnip Greens
		Purple Hull Peas	Green Beans	Tropical Apples
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing
Grapes	Pineapple Chunks	Grapes	Mandarin Oranges	Fresh Melon
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 vegetables 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

October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
	Corndog	Hot Ham & Cheese on Pretzel Bun	Grilled Chicken Sandwich	Spicy Chicken Sandwich
Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey Sandwich	Deli Turkey Sandwich
Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack
Smokey BBQ Sidewinders	Sidewinders	Ranch Potatoes	Baked Potato	Mashed Potatoes w/ Gravy
Broccoli with Cheese	Green Peas	Baby Carrots	Coleslaw	Baby Carrots
			Baked Beans	
Fresh Apples, Oranges and Bananas	Fresh Apples, Oranges and Bananas	Fresh Apples, Oranges and Bananas	Fresh Apples, Oranges and Bananas	Fresh Apples, Oranges and Bananas
Diced Peaches	Diced Peaches	Diced Peaches	Diced Peaches	Diced Peaches
Diced Strawberries	Diced Strawberries	Diced Strawberries	Diced Strawberries	Diced Strawberries
Shredded Lettuce	Shredded Lettuce	Shredded Lettuce	Shredded Lettuce	Shredded Lettuce
Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes
Sliced Onions	Sliced Onions	Sliced Onions	Sliced Onions	Sliced Onions
Hamburger Dill Pickles	Hamburger Dill Pickles	Hamburger Dill Pickles	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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Salad Bar Plus

HARDIN COUNTY HIGH SCHOOL MENU				
Salad Bar Plus				
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Potato Bar	Soup and Salad Bar	Salad Bar	Salad Bar	Soup and Salad Bar
Baked Potato	Chili with Beans			Vegetable Beef Soup
Cheese Sauce	Cheese Toast	<b>BERRY DELIGHT SALAD</b>	<b>KICKIN CHICKEN SALAD</b>	Cheese Toast
Sister Schubert Roll				
Pimento & Cheese	Pimento & Cheese	Pimento & Cheese	Pimento & Cheese	Pimento & Cheese
Diced Pork Ham	Diced Pork Ham	Diced Pork Ham	Diced Pork Ham	Diced Pork Ham
Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese
Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix
Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
Chopped Onions	Cauliflower	Sliced Radishes	Sliced Radishes	Sliced Radishes
Diced Green Peppers	Diced Green Peppers	Sliced Cucumbers	Sliced Cucumbers	Sliced Cucumbers
Sliced Jalapeno Peppers	Sliced Radishes	Broccoli Florets	Broccoli Florets	Broccoli Florets
Pepper Rings	Pepper Rings	Baby Carrots	Baby Carrots	Baby Carrots
Ind. Butter cups	Sliced Cucumbers	Pepper Rings	Pepper Rings	Pepper Rings
Sour Cream	Diced Red Peppers	Diced Green Peppers	Diced Green Peppers	Diced Green Peppers
Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears
Chickpeas	Pepper Rings	Cauliflower Florets	Cauliflower Florets	Cauliflower Florets
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Cantaloupe
Raspberry Vinaigrette Dressing	Chickpeas	Chickpeas	Chickpeas	Chickpeas
Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing
Saltine Crackers	Saltine Crackers	Saltine Crackers	Saltine Crackers	Saltine Crackers
Croutons	Croutons	Croutons	Croutons	Croutons
Raisels, Dried Cranberries, Applesauce Cup, Tropical Mixed Fruit Cup, Pineapple Cup, Orange, and Banana offered most everyday.				

**Lunch Meal Pattern**

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- 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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Mexican Bar

October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Tortilla	Tortilla Chips	2 Chicken Chili Crisпитos	Doritos	Tortilla Chips
Chicken Fajita	Taco Meat		Taco Meat	Pulled Pork BBQ
Cheese Sauce	Cheese Sauce	Cheese Sauce	Cheese Sauce	Cheese Sauce
Mexican Rice	Pinto Beans	Whole Kernel Corn	Whole Kernel Corn	Mexican Rice
	Whole Kernel Corn		Mexican Rice	
Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix
Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
Diced Green Peppers	Diced Green Peppers	Diced Green Peppers	Diced Green Peppers	Diced Green Peppers
Diced Red Peppers	Diced Red Peppers	Diced Red Peppers	Diced Red Peppers	Diced Red Peppers
Diced Onions	Diced Onions	Diced Onions	Diced Onions	Diced Onions
Sliced Black Olives	Sliced Black Olives	Sliced Black Olives	Sliced Black Olives	Sliced Black Olives
Salsa (2)	Salsa (2)	Salsa (2)	Salsa (2)	Salsa (2)
Sour Cream (2)	Sour Cream (2)	Sour Cream (2)	Sour Cream (2)	Sour Cream (2)
Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
1000 Island Dressing	1000 Island Dressing	1000 Island 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**

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**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

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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Pizza Bars

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Pizza Bars				
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Max Sticks	4X6 Pepperoni Pizza	Tony's Pepperoni Pizza Wedge	4X6 Pepperoni Pizza	4X6 Sausage Pizza
Cheese Pizza Wedge	Stuffed Crust Cheese	Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	Cheese Pizza Wedge
Smokey BBQ Sidewinders	Sidewinders	Ranch Potatoes	Baked Potato	Mashed Potatoes w/ Gravy
Tomatoes	Green Peas	Purple Hull Peas		California Blend Veggies
	Baby Carrots			
Grapes	Pineapple Chunks or Strawberry Applesauce	Grapes	Mandarin Oranges or Peaches	Fresh Melon
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
1000 Island Dressing	1000 Island Dressing	1000 Island 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

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