

HARDIN COUNTY MIDDLE SCHOOL MENUS

October 2-6, 2017

MONDAY - 2	TUESDAY - 3	WEDNESDAY - 4	THURSDAY - 5	FRIDAY - 6
Chicken Chili Crispito with Cheese and Mexican Rice	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	BBQ Nachos	Taco Salad	Stuffed Crust Cheese or Pepperoni Pizza Wedge
Fish Scroodles	Breaded Steak and Gravy	Chicken Spaghetti	Poppy Seed Chicken	Chicken Rings
Macaroni and Cheese	Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll	Sister Schubert Roll
3 Sweet Corn Hushpuppies	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich
Deli Turkey or Ham and Cheese Sandwich	Breaded Chicken on a Bun	Pulled Pork BBQ on a Bun	Breaded Chicken on a Bun	Hamburger on a Bun
Cheeseburger on a Bun	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Dog on a Bun
Hot Ham & Cheese on Pretzel Roll	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
Grilled Chicken Salad	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak
PB&J Mini Tiger Paw Pak	1/2 cup Mashed Potatoes with Gravy	3 Tiny Triangle Potatoes	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Fresh Veggies
2/3 cup White Beans	1/2 cup Green Peas	1/2 cup Tomatoes	1/2 cup Whole Kernel Corn	1 whole Baked Potato
1/2 cup Green Beans	1 cup Tossed Salad	1/2 cup Baked Beans	1/2 cup Purple Hull Peas	2/3 cup Mixed Vegetable Casserole
1/2 cup Sidewinder Potatoes	1/2 cup Tropical Apples	1 cup Tossed Salad	1 cup Tossed Salad	1 cup Tossed Salad
1 cup Tossed Salad	1 whole Apple	1 whole Apple	1 whole Apple	1 whole Apple
1/2 cup Coleslaw	1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Orange Wedges
1 whole Apple	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Orange Wedges	1/2 cup Grapes
1/2 cup Orange Wedges	1/2 cup Pears	1 whole Banana	1/2 cup Mandarin Oranges	1/2 cup Strawberry Applesauce
1/2 cup Peaches	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk
1/2 cup Fresh Melon				
1/2 pint Milk				

Lettuce, Tomato, Onion and Pickle offered daily

Lunch Meal Pattern

- 1 oz. meat/meat alternate daily (9 oz. minimum per week)
- 1 oz. equivalent grain daily (8 oz. eq. minimum per week)
- 3/4 cup of vegetable daily (3 3/4 cups per week)
- 1/2 cup of vegetable daily (2 1/2 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice offered Tuesday and Thursday 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 MIDDLE SCHOOL MENUS

October 9-13, 2017

MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
FALL BREAK No School	FALL BREAK No School	TEACHER INSERVICE No School for Students	2 Pizza Max Sticks with Marinara Sauce	Cheese or Pepperoni Pizza Wedge
			Spaghetti	Popcorn Chicken
			Cheesy Garlic Breadstick	Sister Schubert Roll
			Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich
			Breaded Chicken on a Bun	Philly Steak and Cheese on a Bun
			Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll
			Grilled Chicken Salad	Grilled Chicken Salad
			PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak
			1 whole Baked Potato	1/2 cup Broccoli with Cheese
			1/2 cup Green Beans	1/2 Mashed Potatoes with Gravy
			1/2 cup Crunchy Baby Carrots	1 cup Tossed Salad
			1 cup Tossed Salad	
			1 whole Apple	1/2 cup Fresh Veggies
			1/2 cup Orange Wedges	1 whole Apple
			1/2 cup Strawberries	1/2 cup Orange Wedges
			1/2 cup Mandarin Oranges	1/2 cup Grapes
				1/2 cup Strawberry Applesauce
			1/2 pint Milk	1/2 pint Milk

Lettuce, Tomato, Onion and Pickle offered daily

Lunch Meal Pattern

- 1 oz. meat/meat alternate daily (9 oz. minimum per week)
- 1 oz. equivalent grain daily (8 oz. eq. minimum per week)
- 3/4 cup of vegetable daily (3 3/4 cups per week)
- 1/2 cup of vegetable daily (2 1/2 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice
- offered Tuesday and Thursday
- 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 MIDDLE SCHOOL MENUS

October 16-20, 2017

MONDAY - 16	TUESDAY - 17	WEDNESDAY - 18	THURSDAY - 19	FRIDAY - 20
Chicken Chili Crispito with Cheese and Mexican Rice	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	Cheese or Pepperoni Pizza Wedge	Taco Salad	Stuffed Crust Cheese or Pepperoni Pizza Wedge
Country Style Chicken with Gravy and Biscuit	Vegetable Beef Soup Cheese Toast/Crackers	Oven Baked Breaded Chicken Southern Style Biscuit	Chicken Alfredo Cheesy Garlic Breadstick	Chicken Tenders Sister Schubert Roll
Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich
Cheeseburger on a Bun	Breaded Chicken on a Bun	Pulled Pork Barbecue on a Bun	Breaded Chicken on a Bun	Hamburger on a Bun
Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll
Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak
1/2 cup Mashed Potatoes with Gravy	3 Tiny Triangle Potatoes	2/3 cup Hashbrown Casserole	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Fresh Veggies
1/2 cup Purple Hull Peas	1/2 cup Steamed Parmesan Broccoli	2/3 cup Baked Beans 1/2 cup Turnip Greens	1/2 cup Whole Kernel Corn	2/3 cup Sweet Potato Casserole
1/2 cup Brussels Sprouts	1/2 cup Tomatoes	1/2 cup Coleslaw	1/2 cup Green Beans	1/2 cup Broccoli with Cheese
1 cup Tossed Salad	1 cup Tossed Salad	1 cup Tossed Salad	1 cup Tossed Salad	1/2 cup Tropical Apples 1 cup Tossed Salad
1 whole Apple	1 whole Apple	1 whole Apple	1 whole Apple	1 whole Apple
1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Orange Wedges
1/2 cup Strawberries	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Mandarin Oranges	1/2 cup Grapes 1/2 cup Strawberry Applesauce
	1/2 cup Pears	1/2 cup Strawberries and Bananas		
1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk

Lettuce, Tomato, Onion and Pickle offered daily

Lunch Meal Pattern

- 1 oz. meat/meat alternate daily (9 oz. minimum per week)
- 1 oz. equivalent grain daily (8 oz. eq. minimum per week)
- 3/4 cup of vegetable daily (3 3/4 cups per week)
- 1/2 cup of vegetable daily (2 1/2 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice offered Tuesday and Thursday 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 MIDDLE SCHOOL MENUS

October 23-27, 2017

MONDAY - 23	TUESDAY - 24	WEDNESDAY - 25	THURSDAY - 26	FRIDAY - 27
Twisted Cheese Stuffed Bread Sticks	Doritos Taco Cheese, Lettuce & Tomato	The Max Cheese or Pepperoni Pizza Wedge	2 Pizza Max Sticks with Marinara Sauce	Cheese or Pepperoni Pizza Wedge
Chef Boy ar Dee Ravioli Casserole with Roll	Homemade Lasagna Cheesy Garlic Breadstick	Chicken and Dumplings Cheese Toast/Crackers	Spaghetti Cheesy Garlic Breadstick	Popcorn Chicken Sister Schubert Roll
Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich	Deli Turkey or Ham and Cheese Sandwich
Cheeseburger on a Bun	Breaded Chicken on a Bun	Philly Steak and Cheese on a Hoagie Bun	Breaded Chicken on a Bun	Cheeseburger on a Bun
Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll	Hot Ham & Cheese on Pretzel Roll
Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak
1 whole Baked Potato	1/2 cup Glazed Baby Carrots	3 Tiny Triangle Potatoes 1/2 cup Brussels Sprouts	1 whole Baked Potato	1/2 cup Broccoli with Cheese
1/2 cup Green Beans	1/2 cup Whole Kernel Corn 1/2 cup Purple Hull Peas	1 whole Baked Sweet Potato with Brown Sugar/Cinnamon	1/2 cup Green Beans	1/2 cup Mashed Potatoes with Gravy
1 cup Tossed Salad	1 cup Crunchy Romaine Salad	1 cup Tossed Salad	1/2 cup Crunchy Baby Carrots 1 cup Tossed Salad	1 cup Tossed Salad
	1 cup Tossed Salad	1 whole Apple	1 whole Apple	1/2 cup Fresh Veggies
1 whole Apple	1 whole Apple	1/2 cup Orange Wedges	1/2 cup Orange Wedges	1 whole Apple
1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Pineapple Chunks	1/2 cup Strawberries	1/2 cup Orange Wedges
1/2 cup Peaches	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Mandarin	1/2 cup Grapes
	1/2 cup Pears	1/2 cup Strawberries and Bananas	Oranges	1/2 cup Strawberry Applesauce
1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk

Lettuce, Tomato, Onion and Pickle offered daily

Lunch Meal Pattern

- 1 oz. meat/meat alternate daily (9 oz. minimum per week)
- 1 oz. equivalent grain daily (8 oz. eq. minimum per week)
- 3/4 cup of vegetable daily (3 3/4 cups per week)
- 1/2 cup of vegetable daily (2 1/2 cups per week)
- 1 cup milk daily (5 cups per week)

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice offered Tuesday and Thursday 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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