

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 2

| Entrée Bar- Week 2   |                            |                      |                          |   |
|--|----------------------------|----------------------|--------------------------|---|
| April 9, 2018  | April 10, 2018             | April 11, 2018       | April 12, 2018           | April 13, 2018                                |
| MONDAY   | TUESDAY                    | WEDNESDAY            | THURSDAY                 | FRIDAY  |
| Chicken Rings  | Oven Baked Breaded Chicken | Mini Meatloaf        | Baked Ziti               | 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   | Pears                      | Grapes               | Mixed Fruit              | 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

| April 9, 2018  | April 10, 2018                    | April 11, 2018                    | April 12, 2018                    | April 13, 2018                    |
|--|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| <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 or Mini 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   |                        |                            |                             |                        |
| April 9, 2018  | April 10, 2018         | April 11, 2018             | April 12, 2018              | April 13, 2018         |
| 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**

- 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

## Mexican Bar

| April 9, 2018  | April 10, 2018          | April 11, 2018            | April 12, 2018          | April 13, 2018          |
|--|-------------------------|---------------------------|-------------------------|-------------------------|
| <b>MONDAY</b>  | <b>TUESDAY</b>          | <b>WEDNESDAY</b>          | <b>THURSDAY</b>         | <b>FRIDAY</b>           |
| 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**

- 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

## Pizza Bars

| HARDIN COUNTY HIGH SCHOOL MENU   |                      |                              |                            |                          |
|--|----------------------|------------------------------|----------------------------|--------------------------|
| Pizza Bars   |                      |                              |                            |                          |
| April 9, 2018  | April 10, 2018       | April 11, 2018               | April 12, 2018             | April 13, 2018           |
| 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   | Pears                | Grapes                       | Mixed Fruit                | 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

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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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