

HARDIN COUNTY MIDDLE SCHOOL MENUS

April 9 - 13, 2018

MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
Twisted Cheese Filled Bread Sticks	6 Mini Corndogs	Cheese or Pepperoni Pizza Wedge	2 Pizza Max Sticks with Marinara Sauce	Chicken and Cheese Quesadilla Mexican Rice
Chef Boy ar Dee Ravioli Casserole with Roll	Baked Ziti Cheesy Garlic Breadstick	Oven Baked Breaded Chicken Southern Style Biscuit	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	Pulled Pork Barbecue on a Bun	Breaded Chicken on a Bun	Philly Steak and Cheese 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 BBQ Sidewinder Potatoes	1/2 cup Hash Round Potatoes	2/3 cup Hashbrown Casserole	1 whole Baked Potato	1/2 cup Broccoli with Cheese
1/2 cup Whole Kernel Corn	1/2 cup Glazed Baby Carrots	2/3 cup Baked Beans 1/2 cup Turnip Greens	1/2 cup Green Beans	1/2 Mashed Potatoes with Gravy
1 cup Crunchy Romaine Salad	1 cup Tossed Salad	1/2 cup Coleslaw 1 cup Tossed Salad	1/2 cup Crunchy Baby Carrots 1 cup Tossed Salad	1 cup Tossed Salad
1 cup Tossed Salad				1/2 cup Vegetable Nibblers
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 Peaches	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Strawberries	1/2 cup Grapes
1/2 cup Strawberries	1/2 cup Pears	1/2 cup Strawberries and Bananas	1/2 cup Mandarin 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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

April 16 - 20, 2018

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	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	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 Vegetable Nibblers
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 Pears	1/2 cup Strawberries and Bananas		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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HARDIN COUNTY MIDDLE SCHOOL MENUS

April 23 - 27, 2018

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	Chili with Beans 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	1/2 cup Hash Round Potatoes	1 whole Baked Potato	1/2 cup Broccoli with Cheese
1/2 cup Green Beans	1/2 cup Whole Kernel Corn	1/2 cup Brussels Sprouts	1/2 cup Green Beans	1/2 cup Mashed Potatoes with Gravy
1 cup Tossed Salad	1 cup Crunchy Romaine Salad	1 whole Baked Sweet Potato with Brown Sugar/Cinnamon	1/2 cup Crunchy Baby Carrots	1 cup Tossed Salad
	1 cup Tossed Salad	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 Oranges	1/2 cup Grapes
	1/2 cup Pears	1/2 cup Strawberries and Bananas		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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