

# HARDIN COUNTY MIDDLE SCHOOL MENUS

April 30 - May 4, 2018

MONDAY - April 30	TUESDAY - May 1	WEDNESDAY - May 2	THURSDAY - May 3	FRIDAY - May 4
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	1/2 cup Hash Round Potatoes	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Vegetable Nibblers
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 whole Baked Potato	1 cup Tossed Salad	1/2 cup Baked Beans	1/2 cup Purple Hull Peas	2/3 cup Mixed Vegetable Casserole
1 cup Tossed Salad	1/2 cup Tropical Apples	1 cup Tossed Salad	1 cup Tossed Salad	1 cup Tossed Salad
1/2 cup Coleslaw	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 Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Orange Wedges	1/2 cup Grapes
1/2 cup Peaches	1/2 cup Pears	1 whole Banana	1/2 cup Mandarin Oranges	1/2 cup Strawberry Applesauce
1/2 cup Strawberries	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

May 7 - 11, 2018

MONDAY - 7	TUESDAY - 8	WEDNESDAY - 9	THURSDAY - 10	FRIDAY - 11
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 or Lasagna 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 Seasoned Potato Fries	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 Green Beans	1/2 Mashed Potatoes with Gravy
1 cup Crunchy Romaine Salad	1 cup Tossed Salad	1/2 cup Coleslaw	1/2 cup Crunchy Baby Carrots	1 cup Tossed Salad
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

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# HARDIN COUNTY MIDDLE SCHOOL MENUS

May 14 - 18, 2018

MONDAY - 14	TUESDAY - 15	WEDNESDAY - 16	THURSDAY - 17	FRIDAY - 18
Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Last Day of School  No Lunch Served!

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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