



Fall is Here!

HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

September 2018

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday – 3	Tuesday – 4	Wednesday – 5	Thursday – 6	Friday - 7
LABOR DAY No School	Sausage and Pancake on a Stick Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal
Monday – 10	Tuesday – 11	Wednesday – 12	Thursday – 13	Friday - 14
Cinnamon Glazed French Toast Sticks Cereal	Ham and Cheese on a Croissant Cereal	Biscuit Scrambled Egg Cereal	Pop-Tart Trix Yogurt Cereal	Biscuit Gravy Cereal
Monday – 17	Tuesday – 18	Wednesday – 19	Thursday – 20	Friday - 21
STAFF DEVELOPMENT NO STUDENTS	Chicken Biscuit Cereal	Eggo Blueberry Mini Pancakes Cereal	Breakfast Sausage Pizza Cereal	Cinnamon Roll Cereal
Monday – 24	Tuesday – 25	Wednesday – 26	Thursday – 27	Friday - 28
Sausage Breakfast Bites Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Dutch Waffle Cereal

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

Breakfast Meal Pattern

1 oz. equivalent Grains/Breads daily (minimum 7 oz. eq. per week)

1 oz. Meat/Meat Alternate may be substituted for 1 oz. eq. Grain after daily minimum met

1 cup Fruit daily (5 cups weekly)

1 cup Milk daily (5 cups per week)

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.

