



Happy Halloween



HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

October 2018

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

Monday - 1	Tuesday - 2	Wednesday - 3	Thursday - 4	Friday - 5
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 - 8	Tuesday - 9	Wednesday - 10	Thursday - 11	Friday - 12
Chicken Biscuit Cereal	Eggo Mini Waffles Cereal	Breakfast Sausage Pizza Cereal	Blueberry Muffin Cereal	Oatmeal Chicken Rings Cereal
Monday - 15	Tuesday - 16	Wednesday - 17	Thursday - 18	Friday - 19

FALL BREAK OCTOBER 15-19 NO SCHOOL

Monday - 22	Tuesday - 23	Wednesday - 24	Thursday - 25	Friday - 26
Sausage and Pancake on a Stick Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Eggo Confetti Mini Pancakes Cereal
Monday - 29	Tuesday - 30	Wednesday - 31		
Cinnamon Glazed French Toast Sticks Cereal	Ham and Cheese on a Croissant Cereal	Biscuit Scrambled Egg 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.

