

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 2

| Entrée Bar- Week 2 | | | | |
|--|----------------------------|----------------------|--------------------------|---|
| October 8, 2018 | October 9, 2018 | October 10, 2018 | October 11, 2018 | October 12, 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 |
| Seasoned Straight Cut Fries | 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 |
| | | Blackeyed 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 |
| Apples, Raisels, Applesauce 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
- 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

| October 8, 2018 | October 9, 2018 | October 10, 2018 | October 11, 2018 | October 12, 2018 |
|--|------------------------------|--------------------------|-------------------------------|-------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Hamburger | Cheeseburger | Hamburger | Cheeseburger | Cheeseburger |
| Breaded Chicken Sandwich | Philly Cheese Steak Sandwich | Breaded Chicken Sandwich | Pulled Pork Barbecue Sandwich | Hot Dog |
| | Mini Corndog | Meatball Sub | 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 |
| Seasoned Straight Cut Fries | Seasoned Wedge Fries | Ranch Potatoes | Baked Potato | Mashed Potatoes w/Gravy |
| Broccoli with Cheese | Green Peas | Baby Carrots | Coleslaw | Baby Carrots |
| | | | Baked Beans | |
| 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 |
| Apples, Raisels, Applesauce 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
- 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 | | | | |
| October 8, 2018 | October 9, 2018 | October 10, 2018 | October 11, 2018 | October 12, 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 | | Tortilla Chips | Vegetable Beef Soup |
| Cheese Sauce | Cheese Toast | | Pulled Pork BBQ | Cheese Toast |
| Sister Schubert Roll | | | Cheese Sauce | |
| | | BERRY DELIGHT SALAD | KICKIN CHICKEN SALAD | |
| 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 | Broccoli Florets | 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 |
| Apples, Raisels, Applesauce 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
- 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

| HARDIN COUNTY HIGH SCHOOL MENU | | | | |
|--|-------------------------|---------------------------|-------------------------|-------------------------|
| Mexican Bar | | | | |
| October 8, 2018 | October 9, 2018 | October 10, 2018 | October 11, 2018 | October 12, 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Soft Shell Tortilla | Tortilla Chips | 2 Chicken Chili Crisпитos | Tortilla Chips | Tortilla Chips |
| Chicken Fajita | Taco Meat | | Taco Meat | Chicken Fajita |
| Cheese Sauce | Cheese Sauce | Cheese Sauce | Cheese Sauce | Queso |
| Mexican Rice | Mexican Rice | 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 |
| Black Bean Salsa | Black Bean Salsa | Black Bean Salsa | Black Bean Salsa | Black Bean Salsa |
| Salsa | Salsa | Salsa | Salsa | Salsa |
| 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 |
| Apples, Raisels, Applesauce 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
- 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 | | | | |
| October 8, 2018 | October 9, 2018 | October 10, 2018 | October 11, 2018 | October 12, 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Breaded Mozzarella Cheese Sticks (5) | 4X6 Pepperoni Pizza | Tony's Pepperoni Pizza Wedge | 4X6 Pepperoni Pizza | Stuffed Crust Pepperoni Pizza |
| | Stuffed Crust Cheese | Cheese Pizza Wedge | Stuffed Crust Cheese Pizza | Cheese Pizza Wedge |
| Seasoned Straight Cut Fries | Seasoned Wedge Fries | Ranch Potatoes | Baked Potato | Mashed Potatoes W/Gravy |
| Carrots | Green Peas | Blackeyed Peas | | Broccoli w/ Cheese |
| | 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 |
| Apples, Raisels, Applesauce 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
 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

Breakfast

| Breakfast | | | | |
|--|--------------------------------------|---------------------------------|----------------------------|---------------------------|
| October 8, 2018 | October 9, 2018 | October 10, 2018 | October 11, 2018 | October 12, 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Sausage and Biscuit | Sausage and Biscuit | Sausage and Biscuit | Sausage and Biscuit | Sausage and Biscuit |
| Chicken and Biscuit | Chicken and Biscuit | Chicken and Biscuit | Chicken and Biscuit | Chicken and Biscuit |
| Gravy and Biscuit | Egg and Cheese Omelette Croissant | Gravy and Biscuit | Sausage Breakfast Pizza | Ham & Cheese Croissant |
| | | French Toast Sticks w/ Syrup | | |
| Chocolate Donuts | Powdered Sugar Donuts | Chocolate Donuts | Powdered Sugar Donuts | Chocolate Donuts |
| Yogurt | Yogurt | Yogurt | Yogurt | Yogurt |
| Mini Cinnis | Mini Cinnis | Mini Cinnis | Mini Cinnis | Mini Cinnis |
| Cereal | Cereal | Cereal | Cereal | Cereal |
| Nutri Grain Bar | Nutri Grain Bar | Nutri Grain Bar | Nutri Grain Bar | Nutri Grain Bar |
| Cereal Bar | Cereal Bar | Cereal Bar | Cereal Bar | Cereal Bar |
| Honey Bun | Chocolate Muffin | Honey Bun | Chocolate Muffin | Honey Bun |
| Pop-Tarts | Pop-Tarts | Pop-Tarts | Pop-Tarts | Pop-Tarts |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| 4 oz. Juice | 4 oz. Juice | 4 oz. Juice | 4 oz. Juice | 4 oz. Juice |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| Apples, Raisels, Orange, and Banana offered most everyday. | | | | |

Breakfast Meal Pattern

1 oz. equivalent Grains/Breads daily (minimum 9 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 per week)
 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

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