

# HARDIN COUNTY MIDDLE SCHOOL MENUS

October 29 - November 2, 2018

MONDAY - October 29	TUESDAY - October 30	WEDNESDAY - October 31	THURSDAY - November 1	FRIDAY - November 2
5 Breaded Mozzarella Cheese Stick	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 Garlic Breadstick	Mini Meatloaf Sister Schubert Roll	Spaghetti 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	Meatball Sub Sandwich	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 Mashed Potatoes with Gravy	1 whole Baked Potato	1/2 cup Broccoli with Cheese
1/2 cup Green Beans	1/2 cup Whole Kernel Corn 1/2 cup Blackeyed Peas	1/2 cup Brussels Sprouts	1/2 cup Green Beans	1/2 cup Tater Tots
1 1/8 cups Tossed Salad	1 cup Crunchy Romaine Salad	1 whole Baked Sweet Potato with Brown Sugar/Cinnamon 1 1/8 cups Tossed Salad	1/2 cup Crunchy Baby Carrots 1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad
	1 1/8 cups 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 Peaches
1/2 cup Strawberries	1/2 cup Pears	1/2 cup Strawberries and Bananas	1/2 cup Grapes	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

November 5-9, 2018

MONDAY - 5	TUESDAY - 6	WEDNESDAY - 7	THURSDAY - 8	FRIDAY - 9
Chicken Chili Crispito with Cheese and Mexican Rice	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	6 Mini Corndogs	Taco Salad Mexican Rice	Stuffed Crust Cheese or Pepperoni Pizza Wedge
Fish Strips Macaroni and Cheese 3 Sweet Corn Hushpuppies	Breaded Steak and Gravy Sister Schubert Roll	Chili with Beans Cheese Toast / Crackers	Poppy Seed Chicken Sister Schubert Roll	Chicken Rings 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 BBQ on a Bun	Breaded Chicken on a Bun	Hamburger on a Bun Hot Dog 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	1/2 cup Mashed Potatoes with Gravy	1/2 cup Tater Tots	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Veggie Bites
1/2 cup Turnip Greens	1/2 cup Green Peas	1/2 cup Tomatoes	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Potatoes
1 whole Baked Potato	1 1/8 cups Tossed Salad	2/3 cup Baked Beans	1/2 cup Blackeyed Peas	2/3 cup Mixed Vegetable Casserole
1 1/8 cups Tossed Salad	1/2 cup Tropical Apples	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad
1/2 cup Creamy 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 Peaches	1/2 cup Peaches	1/2 cup Peaches	1/2 cup Peaches
1/2 cup Peaches	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Grapes	1/2 cup Peaches
1/2 cup Strawberries	1/2 cup Pears	1 whole Banana	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

November 12-16, 2018

MONDAY - 12	TUESDAY - 13	WEDNESDAY - 14	THURSDAY - 15	FRIDAY - 16
Fiesta or Cheese Pizza	BBQ Nachos	Stuffed Crust 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	Baked Ziti Garlic Breadstick	Turkey and Dressing Roll and Cranberry Sauce	Spaghetti 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	Cheeseburger on a Bun	Breaded Chicken on a Bun	Meatball Sub Sandwich
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 Seasoned Straight Cut Fries	1/2 cup Green Beans	1 whole Baked Potato	1/2 cup Glazed Baby Carrots
1/2 cup Blackeyed Peas	1/2 cup Broccoli with Cheese	2/3 cup Sweet Potato Casserole	1/2 cup Green Beans	2/3 cup Hashbrown Casserole
1 cup Crunchy Romaine Salad	1 1/8 cups Tossed Salad	1 cup Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad
1 1/8 cups Tossed Salad			1 whole Apple	1/2 cup Crunchy Veggie Bites
1 whole Apple	1 whole Apple	1 whole Apple	1/2 cup Orange Wedges	1 whole Apple
1/2 cup Orange Wedges	1/2 cup Orange Wedges	1/2 cup Orange Wedges	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 Peaches
1/2 cup Strawberries	1/2 cup Pears	1/2 cup Strawberries and Bananas	1/2 cup Grapes	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

November 26-30, 2018

MONDAY - 26	TUESDAY - 27	WEDNESDAY - 28	THURSDAY - 29	FRIDAY - 30
Chicken Chili Crispito with Cheese and Mexican Rice	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	Cheese or Pepperoni Pizza Wedge	Taco Salad Mexican Rice	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 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	1/2 cup Tater Tots	1 whole Baked Potato	1/2 cup Blackeyed Peas	1/2 cup Crunchy Veggie Bites
1/2 cup Green Beans	1/2 cup Glazed Baby Carrots	2/3 cup Baked Beans 1/2 cup Creamy Coleslaw	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Fries
1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Tomatoes 1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Turnip Greens
			1/2 cup Tropical Apples	1 1/8 cups 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 Peaches
1/2 cup Applesauce	1/2 cup Pears	1/2 cup Strawberries and Bananas	1/2 cup Grapes	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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