

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Testing Week

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Testing Week				
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Rings	Managers Choice	Managers Choice	Managers Choice	
Sister Schubert Roll				
Seasoned Straight Cut Fries				
Baked Potato				
Broccoli with Cheese				
Tossed Salad				
Ranch Dressing				
1000 Island Dressing				
Grapes				
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

December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger	Managers Choice	Managers Choice	Managers Choice	
Breaded Chicken Sandwich				
Deli Turkey Sandwich				
Mini Paw Pack				
Seasoned Straight Cut Fries				
Broccoli with Cheese				
Diced Peaches				
Diced Strawberries				
Shredded Lettuce				
Sliced Tomatoes				
Sliced Onions				
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

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Salad Bar Plus				
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Potato Bar				
Baked Potato	Managers Choice	Managers Choice	Managers Choice	
Cheese Sauce				
Sister Schubert Roll				
Pimento & Cheese				
Diced Pork Ham				
Grated Cheese				
Tossed Salad Mix				
Diced Tomatoes				
Chopped Onions				
Diced Green Peppers				
Sliced Jalapeno Peppers				
Pepper Rings				
Ind. Butter cups				
Sour Cream				
Chopped Pickle Spears				
Chickpeas				
Canned Fruit				
Raspberry Vinaigrette Dressing				
Honey Mustard Dressing				
Ranch Dressing				
1000 Island Dressing				
Saltine Crackers				
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

December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Tortilla	Managers Choice	Managers Choice	Managers Choice	
Chicken Fajita				
Cheese Sauce				
Mexican Rice				
Tossed Salad Mix				
Diced Tomatoes				
Diced Green Peppers				
Diced Red Peppers				
Diced Onions				
Sliced Black Olives				
Black Bean Salsa				
Salsa				
Sour Cream (2)				
Sliced Jalapeno Peppers				
Fresh Fruit				
Canned Fruit				
Honey Mustard Dressing				
Ranch 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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Pizza Bars

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Pizza Bars				
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Max Sticks/ Breaded Mozzarella Cheese Sticks	Managers Choice	Managers Choice		
Seasoned Straight Cut Fries				
Carrots				
Grapes				
Tossed Salad				
Ranch 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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Breakfast

Breakfast				
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage 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	
		French Toast Sticks w/ Syrup		
Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts	
Yogurt	Yogurt	Yogurt	Yogurt	
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	
Cereal	Cereal	Cereal	Cereal	
Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	
Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin	
Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice	
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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