

HARDIN COUNTY MIDDLE SCHOOL MENUS

December 3-7, 2018

MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
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 whole Baked Sweet Potato with Brown Sugar/Cinnamon	1/2 cup Green Beans	1/2 cup Tater Tots
1 1/8 cups Tossed Salad	1 cup Crunchy Romaine Salad	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

December 10 - 14, 2018

MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
Chicken Chili Crispito with Cheese and Mexican Rice	6 Mini Corndogs	Taco Salad Mexican Rice	Cheese or Pepperoni Pizza Wedge	2 Pizza Max Sticks with Marinara Sauce
Fish Strips Macaroni and Cheese 3 Sweet Corn Hushpuppies	Chili with Beans Cheese Toast / Crackers	Poppy Seed Chicken Sister Schubert Roll	Turkey and Dressing Roll and Cranberry Sauce	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	Pulled Pork BBQ on a Bun	Breaded Chicken on a Bun	Cheeseburger 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
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 Tater Tots	1/2 cup Glazed Baby Carrots	1/2 cup Green Beans	1/2 cup Crunchy Veggie Bites
2/3 cup White Beans	1/2 cup Tomatoes	1/2 cup Whole Kernel Corn	2/3 cup Sweet Potato Casserole	1/2 cup Seasoned Wedge Potatoes
1/2 cup Turnip Greens	2/3 cup Baked Beans	1/2 cup Blackeyed Peas	1/2 cup Coleslaw	1/2 cup Seasoned Wedge Potatoes
1 whole Baked Potato	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 cup Tossed Salad	2/3 cup Mixed Vegetable Casserole
1 1/8 cups Tossed Salad	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 Strawberries and Bananas	1/2 cup Grapes	1 whole Banana	1/2 cup Peaches
1/2 cup Peaches	1 whole Banana	1/2 cup Mandarin Oranges	1/2 cup Strawberries and Bananas	1/2 cup Strawberry Applesauce
1/2 cup Strawberries	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk
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- 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

December 17 - 21, 2018

MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
Fiesta or Cheese Pizza	BBQ Nachos	2 Pizza Max Sticks with Marinara Sauce	Cheese or Pepperoni Pizza Wedge	Teacher Inservice No School for Students
Chef Boy ar Dee Ravioli Casserole with Roll	Baked Ziti Garlic Breadstick	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	
Cheeseburger on a Bun	Breaded Chicken 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	
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	
1 whole Baked Potato	1/2 cup Seasoned Straight Cut Fries	1 whole Baked Potato	1/2 cup Glazed Baby Carrots	
1/2 cup Blackeyed Peas	1/2 cup Broccoli with Cheese	1/2 cup Green Beans	2/3 cup Hashbrown Casserole	
1 cup Crunchy Romaine Salad	1 1/8 cups 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	1/2 cup Orange Wedges	1 whole Apple	
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	1/2 cup Mandarin Oranges	1/2 cup Peaches	
1/2 cup Strawberries	1/2 cup Pears	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	

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