

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 2

Entrée Bar- Week 2				
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
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

January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
	Mini Corndog		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	Crinkle Cut Fries	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				
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
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	
		<b>BERRY DELIGHT SALAD</b>	<b>KICKIN CHICKEN SALAD</b>	
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				
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
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				
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2 Pizza Max Sticks/ Breaded Mozzarella Cheese Sticks	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				
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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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