

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 1

Entrée Bar- Week 1				
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Steak and Gravy	Ravioli Casserole	Lasagna	Poppy Seed Chicken
NO SCHOOL	Sister Schubert Roll	Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll
	Mashed Potatoes w/ Gravy	Crinkle Cut Fries	Baked Sweet Potato	Mashed Potatoes W/Gravy
	Green Peas	Broccoli with Cheese	Green Beans	Lima Beans
	Glazed Baby Carrots		Whole Kernel Corn	Turnip Greens
		White Beans	Baked Potato	Tropical Apples
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing
	Strawberry Applesauce	Grapes	Peaches	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 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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Sandwich Station

January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
NO SCHOOL	Philly Cheese Steak Sandwich	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
	Corndog		Grilled Chicken Sandwich	Spicy Chicken 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
	Seasoned Wedge Fries	Crinkle Cut Fries/ Ranch Potatoes	Baked Potato	Mashed Potatoes w/Gravy
	Green Peas	Baby Carrots	Coleslaw	Baby Carrots
			Baked Beans	
	Diced Peaches	Diced Peaches	Diced Peaches	Diced Peaches
	Diced Strawberries	Diced Strawberries	Diced Strawberries	Diced Strawberries
	Shredded Lettuce	Shredded Lettuce	Shredded Lettuce	Shredded Lettuce
	Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes
	Sliced Onions	Sliced Onions	Sliced Onions	Sliced Onions
	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

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Salad Bar Plus				
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup and Salad Bar	Salad Bar	Salad Bar	Soup and Salad Bar
	Chili with Beans		Tortilla Chips	Vegetable Beef Soup
NO SCHOOL	Cheese Toast		Pulled Pork BBQ	Cheese Toast
			Cheese Sauce	
		BERRY DELIGHT SALAD	KICKIN CHICKEN SALAD	
	Pimento & Cheese	Pimento & Cheese	Pimento & Cheese	Pimento & Cheese
	Diced Pork Ham	Diced Pork Ham	Diced Pork Ham	Diced Pork Ham
	Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese
	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix
	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
	Cauliflower	Sliced Radishes	Sliced Radishes	Sliced Radishes
	Diced Green Peppers	Sliced Cucumbers	Sliced Cucumbers	Sliced Cucumbers
	Sliced Radishes	Broccoli Florets	Broccoli Florets	Broccoli Florets
	Broccoli Florets	Baby Carrots	Baby Carrots	Baby Carrots
	Sliced Cucumbers	Pepper Rings	Pepper Rings	Pepper Rings
	Diced Red Peppers	Diced Green Peppers	Diced Green Peppers	Diced Green Peppers
	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears
	Pepper Rings	Cauliflower Florets	Cauliflower Florets	Cauliflower Florets
	Canned Fruit	Canned Fruit	Canned Fruit	Cantaloupe
	Chickpeas	Chickpeas	Chickpeas	Chickpeas
	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing
	Saltine Crackers	Saltine Crackers	Saltine Crackers	Saltine Crackers
	Croutons	Croutons	Croutons	Croutons
Apples, Raisels, Applesauce Cup, Orange, and Banana offered most everyday.				

Lunch Meal Pattern

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- 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

January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tortilla Chips	2 Chicken Chili Crisпитos	Tortilla Chips	Tortilla Chips
NO SCHOOL	Taco Meat		Taco Meat	Chicken Fajita
	Cheese Sauce	Cheese Sauce	Cheese Sauce	Queso
	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
	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
	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 Onions	Diced Onions	Diced Onions	Diced Onions
	Sliced Black Olives	Sliced Black Olives	Sliced Black Olives	Sliced Black Olives
	Black Bean Salsa	Black Bean Salsa	Black Bean Salsa	Black Bean Salsa
	Salsa	Salsa	Salsa	Salsa
	Sour Cream (2)	Sour Cream (2)	Sour Cream (2)	Sour Cream (2)
	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch 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

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Pizza Bars				
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	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 Wedge Fries	Crinkle cut Fries	Baked Potato	Mashed Potatoes W/Gravy
	Green Peas	White Beans		Broccoli w/ Cheese
	Baby Carrots			
	Strawberry Applesauce	Grapes	Peaches	Fresh Melon
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing
Apples, Raisels, Applesauce Cup, Orange, and Banana offered most everyday.				

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 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 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
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
NO SCHOOL	Egg and Cheese Omelette Croissant	Gravy and Biscuit	Sausage Breakfast Pizza	Ham & Cheese Croissant
		French Toast Sticks w/ Syrup		
	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts	Chocolate 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
	Chocolate Muffin	Honey Bun	Chocolate Muffin	Honey Bun
	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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