

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 4

| Entrée Bar- Week 4   |                            |                      |                          |   |
|--|----------------------------|----------------------|--------------------------|---|
| January 28, 2019   | January 29, 2019           | January 30, 2019     | January 31, 2019         | February 1, 2019                              |
| MONDAY   | TUESDAY                    | WEDNESDAY            | THURSDAY                 | FRIDAY  |
| Chicken Rings  | Oven Baked Breaded Chicken | Mini Meatloaf        | Pizza Casserole          | 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

| Sandwich Station   |                              |                          |                               |                         |
|--|------------------------------|--------------------------|-------------------------------|-------------------------|
| January 28, 2019   | January 29, 2019             | January 30, 2019         | January 31, 2019              | February 1, 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         | Ranch Potatoes           | 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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Salad Bar Plus

| HARDIN COUNTY HIGH SCHOOL MENU   |                        |                            |                             |                        |
|--|------------------------|----------------------------|-----------------------------|------------------------|
| Salad Bar Plus   |                        |                            |                             |                        |
| January 28, 2019   | January 29, 2019       | January 30, 2019           | January 31, 2019            | February 1, 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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Mexican Bar

| HARDIN COUNTY HIGH SCHOOL MENU   |                         |                           |                         |                         |
|--|-------------------------|---------------------------|-------------------------|-------------------------|
| Mexican Bar  |                         |                           |                         |                         |
| January 28, 2019   | January 29, 2019        | January 30, 2019          | January 31, 2019        | February 1, 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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Pizza Bars

| HARDIN COUNTY HIGH SCHOOL MENU   |                      |                                 |                               |                                  |
|--|----------------------|---------------------------------|-------------------------------|----------------------------------|
| Pizza Bars   |                      |                                 |                               |                                  |
| January 28, 2019   | January 29, 2019     | January 30, 2019                | January 31, 2019              | February 1, 2019                 |
| <b>MONDAY</b>  | <b>TUESDAY</b>       | <b>WEDNESDAY</b>                | <b>THURSDAY</b>               | <b>FRIDAY</b>                    |
| 2 Pizza Max Sticks/<br>Breaded Mozzarella<br>Cheese Sticks                 | 4X6 Pepperoni Pizza  | Tony's Pepperoni Pizza<br>Wedge | 4X6 Pepperoni Pizza           | Stuffed Crust Pepperoni<br>Pizza |
|  | Stuffed Crust Cheese | Cheese Pizza Wedge              | Stuffed Crust Cheese<br>Pizza | Cheese Pizza Wedge               |
| Seasoned Straight Cut<br>Fries   | Seasoned Wedge Fries | Ranch Potatoes                  | Baked Potato                  | Mashed Potatoes<br>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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

| Breakfast  |                                      |                                 |                            |                           |
|--|--------------------------------------|---------------------------------|----------------------------|---------------------------|
| January 28, 2019   | January 29, 2019                     | January 30, 2019                | January 31, 2019           | February 1, 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<br>Omelette Croissant | Gravy and Biscuit               | Sausage Breakfast<br>Pizza | Ham & Cheese<br>Croissant |
|  |                                      | French Toast Sticks<br>w/ Syrup |                            |                           |
| Chocolate Donuts   | Powdered Sugar<br>Donuts             | Chocolate Donuts                | Powdered Sugar<br>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

This institution is an equal opportunity provider