

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 1

Entrée Bar- Week 1				
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Steak and Gravy	Fish Strips and/or Macaroni & Cheese	Spaghetti w/ Meat Sauce	Poppy Seed Chicken
Sister Schubert Roll	Sister Schubert Roll	Hushpuppies	Cheesy Garlic Breadstick	Sister Schubert Roll
Seasoned Straight Cut Fries	Mashed Potatoes w/ Gravy	Crinkle Cut Fries	Baked Sweet Potato	Mashed Potatoes W/Gravy
Baked Potato	Green Peas	Broccoli with Cheese	Green Beans	Lima Beans
Broccoli with Cheese	Glazed Baby Carrots		Whole Kernel Corn	Turnip Greens
		White Beans	Baked Potato	Tropical Apples
Tossed Salad	Tossed Salad	Coleslaw	Tossed Salad	Tossed Salad
Ranch Dressing	Ranch Dressing	Tartar Sauce	Ranch Dressing	Ranch Dressing
1000 Island Dressing	1000 Island Dressing		1000 Island Dressing	1000 Island Dressing
Grapes	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 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	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	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 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 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	
		BERRY DELIGHT SALAD	KICKIN CHICKEN SALAD	
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

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Mexican Bar				
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 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

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Pizza Bars				
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Crinkle cut Fries	Baked Potato	Mashed Potatoes W/Gravy
Carrots	Green Peas	White Beans		Broccoli w/ Cheese
	Baby Carrots			
Grapes	Strawberry Applesauce	Grapes	Peaches	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 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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