

HARDIN COUNTY MIDDLE SCHOOL MENUS

January 7 - 11, 2019

MONDAY - 7	TUESDAY - 8	WEDNESDAY - 9	THURSDAY - 10	FRIDAY - 11
Chicken Chili Crispito with Cheese and Mexican Rice	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	Cheese or Pepperoni Pizza Wedge	Taco Salad Mexican Rice	Stuffed Crust Cheese or Pepperoni Pizza Wedge
Country Style Chicken with Gravy and Biscuit	Vegetable Beef Soup Cheese Toast / Crackers	Oven Baked Breaded Chicken Southern Style Biscuit	Chicken Alfredo 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	Pulled Pork Barbecue on a Bun	Breaded Chicken on a Bun	Hamburger 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
1/2 cup Mashed Potatoes with Gravy	1/2 cup Tater Tots	1 whole Baked Potato	1/2 cup Blackeyed Peas	1/2 cup Crunchy Veggie Bites
1/2 cup Green Beans	1/2 cup Glazed Baby Carrots	2/3 cup Baked Beans 1/2 cup Creamy Coleslaw	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Fries
1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Tomatoes 1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Turnip Greens
			1/2 cup Tropical Apples	1 1/8 cups Tossed Salad
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	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Peaches	1/2 cup Peaches
1/2 cup Applesauce	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

January 14 - 18, 2019

MONDAY - 14	TUESDAY - 15	WEDNESDAY - 16	THURSDAY - 17	FRIDAY - 18
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	Chili with Beans Cheese Toast / Crackers	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 Tater Tots	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 Brussels Sprouts	1/2 cup Green Beans	1/2 cup Seasoned Wedge Potatoes
1 1/8 cups Tossed Salad	1 cup Crunchy Romaine Salad	1 whole Baked Sweet Potato with Brown Sugar/Cinnamon	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 1/8 cups Tossed Salad		1 whole Apple	1/2 cup Fresh Veggies
1 whole Apple	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 Orange Wedges	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 Peaches	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

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HARDIN COUNTY MIDDLE SCHOOL MENUS

January 21 - 25, 2019

MONDAY - 21	TUESDAY - 22	WEDNESDAY - 23	THURSDAY - 24	FRIDAY - 25
Martin Luther King Day No School	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	6 Mini Corndogs	Taco Salad Mexican Rice	Stuffed Crust Cheese or Pepperoni Pizza Wedge
	Breaded Steak and Gravy Sister Schubert Roll	Chili with Beans Cheese Toast / Crackers	Poppy Seed Chicken Sister Schubert Roll	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
	Breaded Chicken on a Bun	Pulled Pork BBQ on a Bun	Breaded Chicken 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
	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
	1/2 cup Mashed Potatoes with Gravy	1/2 cup Tater Tots	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Veggie Bites
	1/2 cup Green Peas	1/2 cup Tomatoes	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Potatoes
	1 1/8 cups Tossed Salad	2/3 cup Baked Beans	1/2 cup Blackeyed Peas	2/3 cup Mixed Vegetable Casserole
	1/2 cup Tropical Apples	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 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 Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Grapes	1/2 cup Peaches
	1/2 cup Pears	1 whole Banana	1/2 cup Peaches	1/2 cup Strawberry Applesauce
	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

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HARDIN COUNTY MIDDLE SCHOOL MENUS

January 28 - February 1, 2019

MONDAY - 28	TUESDAY - 29	WEDNESDAY - 30	THURSDAY - 31	FRIDAY - February 1
Chicken Fajita w/ Cheese on a Soft Shell Tortilla	BBQ Nachos	Chicken and Cheese Quesadilla Mexican Rice	2 Pizza Max Sticks with Marinara Sauce	Cheese or Pepperoni Pizza Wedge
Vegetable Beef Soup Cheese Toast / Crackers	Baked Ziti Garlic Breadstick	Salisbury Steak and Gravy 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	Cheeseburger 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	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 Seasoned Straight Cut Fries	1 whole Baked Sweet Potato with Brown Sugar/Cinnamon	1 whole Baked Potato	1/2 cup Glazed Baby Carrots
1/2 cup Blackeyed Peas	1/2 cup Broccoli with Cheese	1/2 cup Mashed Potatoes with Gravy	1/2 cup Green Beans	2/3 cup Hashbrown Casserole
1 cup Crunchy Romaine Salad	1 1/8 cups Tossed Salad	1/2 cup Green Peas 1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad 1 whole Apple	1 1/8 cups Tossed Salad 1/2 cup Crunchy Veggie Bites
1 1/8 cups Tossed Salad				
1 whole Apple	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 Orange Wedges	1/2 cup Strawberries	1/2 cup Orange Wedges
1/2 cup Peaches	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Peaches	1/2 cup Peaches
1/2 cup Strawberries	1/2 cup Pears	1 whole Banana	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

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