

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Testing Week

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Testing Week				
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Manager's Choice	Manager's Choice	Manager's Choice	EARLY DISMISSAL
Sister Schubert Roll				
Seasoned Straight Cut Fries				NO LUNCH SERVED
Baked Potato				
Broccoli with Cheese				
Tossed Salad				
Ranch Dressing				
1000 Island Dressing				
Grapes				
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

May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger	Manager's Choice	Manager's Choice	Manager's Choice	EARLY DISMISSAL
Breaded Chicken Sandwich				
				NO LUNCH SERVED
Deli Sandwich				
Mini Paw Pack				
Seasoned Straight Cut Fries				
Broccoli with Cheese				
Diced Peaches				
Diced Strawberries				
Shredded Lettuce				
Sliced Tomatoes				
Sliced Onions				
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				
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Potato Bar				
Baked Potato	Manager's Choice	Manager's Choice	Manager's Choice	EARLY DISMISSAL
Cheese Sauce				
Sister Schubert Roll				NO LUNCH SERVED
Pimento & Cheese				
Diced Pork Ham				
Grated Cheese				
Tossed Salad Mix				
Diced Tomatoes				
Chopped Onions				
Diced Green Peppers				
Sliced Jalapeno Peppers				
Pepper Rings				
Ind. Butter cups				
Sour Cream				
Chopped Pickle Spears				
Chickpeas				
Canned Fruit				
Raspberry Vinaigrette Dressing				
Honey Mustard Dressing				
Ranch Dressing				
1000 Island Dressing				
Saltine Crackers				
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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Mexican Bar

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Mexican Bar				
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Tortilla	Manager's Choice	Manager's Choice	Manager's Choice	EARLY DISMISSAL
Chicken Fajita				
Cheese Sauce				NO LUNCH SERVED
Mexican Rice				
Tossed Salad Mix				
Diced Tomatoes				
Diced Green Peppers				
Diced Red Peppers				
Diced Onions				
Sliced Black Olives				
Black Bean Salsa				
Salsa				
Sour Cream (2)				
Sliced Jalapeno Peppers				
Fresh Fruit				
Canned Fruit				
Honey Mustard Dressing				
Ranch 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				
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Max Sticks/ Breaded Mozzarella	Manager's Choice	Manager's Choice	Manager's Choice	EARLY DISMISSAL
Seasoned Straight Cut Fries				NO LUNCH SERVED
Carrots				
Peaches				
Tossed Salad				
Ranch 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
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HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit		
Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit		
Gravy and Biscuit				
Chocolate Donuts				
Yogurt				
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	
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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