

HARDIN COUNTY MIDDLE SCHOOL MENUS

April 29 - May 3, 2019

MONDAY - April 29	TUESDAY - April 30	WEDNESDAY - May 1	THURSDAY - May 2	FRIDAY - May 3
Mexican Taco on a Soft Shell Tortilla	Taco Salad Mexican Rice	Fish Strips Macaroni and Cheese	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	2 Pizza Max Sticks with Marinara Sauce
Breaded Cut-up Chicken Southern Style Biscuit	Poppy Seed Chicken Sister Schubert Roll	3 Sweet Corn Hushpuppies Manager's Choice	Breaded Steak and Gravy 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	Deli Turkey or Ham and Cheese Sandwich
Cheeseburger on a Bun	Breaded Chicken on a Bun	Pulled Pork BBQ 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 Glazed Baby Carrots	1/2 cup Coleslaw 1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy	1/2 cup Crunchy Veggie Bites
1/2 cup Green Beans	1/2 cup Whole Kernel Corn	1/2 cup Tomatoes 2/3 cup Baked Beans	1/2 cup Green Peas	1/2 cup Seasoned Wedge Potatoes
1 1/8 cups Tossed Salad	1/2 cup Blackeyed Peas 1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Whole Kernel Corn
			1/2 cup Tropical Apples	1 1/8 cups Tossed Salad
1 whole Apple	1 whole Apple			1 whole Apple
1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 Strawberry Applesauce
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 Mixed Berries	1/2 cup Pears	1 whole Banana	1/2 cup Grapes	1/2 cup Blueberries
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

May 6-10, 2019

MONDAY - 6	TUESDAY - 7	WEDNESDAY - 8	THURSDAY - 9	FRIDAY - 10
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	Breaded 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 Whole Kernel Corn	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 1/8 cups Tossed 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 1/8 cups Tossed Salad
1 whole Apple	1 whole Apple	1 whole Apple	1 whole Apple	1 whole Apple
1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 Strawberry Applesauce
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 Mixed Berries	1/2 cup Pears	1 whole Banana	1/2 cup Grapes	1/2 cup Blueberries
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

May 13-17, 2019

MONDAY - 13	TUESDAY - 14	WEDNESDAY - 15	THURSDAY - 16	FRIDAY - 17
Chicken and Cheese Quesadilla 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 Pinto Beans	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
1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 cup Strawberry Applesauce	1/2 Strawberry Applesauce
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 Mixed Berries	1/2 cup Pears	1 whole Banana	1/2 cup Grapes	1/2 cup Blueberries
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

May 20-24, 2019

MONDAY - 20	TUESDAY - 21	WEDNESDAY - 22	THURSDAY - 23	FRIDAY - 24
Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	School Dismissed at 10:00 a.m. No Lunch Served
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.