



# Fall is Here!

## HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

September 2019

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday – 2	Tuesday – 3	Wednesday – 4	Thursday – 5	Friday - 6
LABOR DAY No School	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Eggo Confetti Mini Pancakes Cereal
Monday – 9	Tuesday – 10	Wednesday – 11	Thursday – 12	Friday - 13
STAFF DEVELOPMENT NO STUDENTS	Biscuit Gravy Cereal	Ham and Cheese on a Croissant Cereal	Cinnamon Glazed French Toast Sticks Cereal	Pop-Tart TRIX Yogurt Cereal
Monday – 16	Tuesday – 17	Wednesday – 18	Thursday – 19	Friday - 20
Chicken Biscuit Cereal	Eggo Blueberry Mini Pancakes Cereal	Cinnamon Roll Cereal	Breakfast Sausage Pizza Cereal	Oatmeal Chicken Rings Cereal
Monday – 23	Tuesday – 24	Wednesday – 25	Thursday – 26	Friday - 27
Cinnamon Glazed French Toast Sticks Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	Funnel Cake Waffle Cereal

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

Breakfast Meal Pattern

1 oz. equivalent Grains/Breads daily (minimum 7 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 weekly)

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.

