

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 3

Entrée Bar- Week 3				
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Lasagna	Ravioli Casserole	Country Style Chicken w/ Peppered White Gravy	Poppy Seed Chicken
Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll	Southern Style Biscuit	Sister Schubert Roll
Seasoned Straight Cut Fries	Whole Kernel Corn	Whole Kernel Corn	Mashed Potatoes with Gravy	Mashed Potatoes with Gravy
Whole Kernel Corn	Green Beans	Broccoli with Cheese	Green Peas	Lima Beans
Broccoli with Cheese	Baked Potato	White Beans		Turnip Greens
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
Grapes	Peaches	Grapes	Strawberry Applesauce	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 Week 3

September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
	Corndog	Meatball Sub	Grilled Chicken Sandwich	Spicy Chicken Sandwich
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack
Seasoned Straight Cut Fries	Baked Potato	Whole Kernel Corn	Seasoned Wedge Fries	Mashed Potatoes w/Gravy
Broccoli with Cheese	Green Beans		Coleslaw	
Baby Carrots	Baby Carrots	Baby Carrots	Baked Beans	Baby Carrots
Frozen Fruit Cup	Frozen Fruit Cup	Frozen Fruit Cup	Frozen Fruit Cup	Frozen Fruit Cup
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, Orange, and Banana offered most everyday.				
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)

**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

- 4 oz. 100% Fruit Juice and
- 1/2 cup 100% Frozen Fruit Juice
- Sidekick
- offered everyday as a fruit choice

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# HARDIN COUNTY HIGH SCHOOL MENU

## Salad Bar Plus

HARDIN COUNTY HIGH SCHOOL MENU				
Salad Bar Plus				
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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	
		<b>BERRY DELIGHT SALAD</b>	<b>KICKIN CHICKEN SALAD</b>	
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
Baby Carrots	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	Baby Carrots	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, 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 Week 3

September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Tortilla	Tortilla Chips	Tortilla Chips	Tortilla Chips	2 Chicken Chili Crisпитos
Chicken Fajita	Taco Meat	Chicken Fajita	Taco Meat	
Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce	Cheese Sauce
	Mexican Rice	Mexican Rice	Whole Kernel Corn	Whole Kernel Corn
	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, 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 Week 3

HARDIN COUNTY HIGH SCHOOL MENU				
Pizza Bars Week 3				
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Max Sticks	Tony's Pepperoni Pizza Wedge	Real Slice Pepperoni Pizza Wedge	Tony's Pepperoni Pizza Wedge	Real Slice Pepperoni Pizza Wedge
	Stuffed Crust Cheese	Real Slice Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	Real Slice Cheese Pizza Wedge
Seasoned Straight Cut Fries	Baked Potato	Whole Kernel Corn	Seasoned Wedge Fries	Mashed Potatoes W/Gravy
	Green beans	White Beans		Broccoli w/ Cheese
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				
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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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