

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 1

Sept. 2, 2019	Sept. 3, 2019	Sept. 4, 2019	Sept. 5, 2019	Sept. 6, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School	Spaghetti w/ Meat Sauce	Fish Strips and/or Macaroni & Cheese	Country Style Chicken w/ Peppered White Gravy	Poppy Seed Chicken
Labor Day	Cheesy Garlic Breadstick	Hushpuppies	Southern Style Biscuit	Sister Schubert Roll
	Whole Kernel Corn	Whole Kernel Corn	Mashed Potatoes with Gravy	Mashed Potatoes with Gravy
	Green Beans	Broccoli with Cheese	Green Peas	Lima Beans
	Baked Potato	White Beans		Turnip Greens
	Tossed Salad	Coleslaw	Tossed Salad	Tossed Salad
	Ranch Dressing		Ranch Dressing	Ranch Dressing
	1000 Island Dressing		1000 Island Dressing	1000 Island Dressing
	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 1

Sept. 2, 2019	Sept. 3, 2019	Sept. 4, 2019	Sept. 5, 2019	Sept. 6, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
	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
	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack
	Baked Potato	Whole Kernel Corn	Seasoned Wedge Fries	Mashed Potatoes w/Gravy
	Green Beans		Coleslaw	
	Baby Carrots	Baby Carrots	Baked Beans	Baby Carrots
	Frozen Fruit Cup	Frozen Fruit Cup	Frozen Fruit Cup	Frozen Fruit Cup
	Shredded Lettuce	Shredded Lettuce	Shredded Lettuce	Shredded Lettuce
	Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes	Sliced Tomatoes
	Sliced Onions	Sliced Onions	Sliced Onions	Sliced Onions
	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)

- 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				
Sept. 2, 2019	Sept. 3, 2019	Sept. 4, 2019	Sept. 5, 2019	Sept. 6, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup and Salad Bar	Salad Bar	Salad Bar	Soup and Salad Bar
	Chili with Beans		Tortilla Chips	Vegetable Beef Soup
	Cheese Toast		Pulled Pork BBQ	Cheese Toast
			Cheese Sauce	
		<b>BERRY DELIGHT SALAD</b>	<b>KICKIN CHICKEN SALAD</b>	
	Pimento & Cheese	Pimento & Cheese	Pimento & Cheese	Pimento & Cheese
	Diced Pork Ham	Diced Pork Ham	Diced Pork Ham	Diced Pork Ham
	Grated Cheese	Grated Cheese	Grated Cheese	Grated Cheese
	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix	Tossed Salad Mix
	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
	Cauliflower	Sliced Radishes	Sliced Radishes	Sliced Radishes
	Diced Green Peppers	Sliced Cucumbers	Sliced Cucumbers	Sliced Cucumbers
	Sliced Radishes	Broccoli Florets	Broccoli Florets	Broccoli Florets
	Broccoli Florets	Baby Carrots	Baby Carrots	Baby Carrots
	Sliced Cucumbers	Pepper Rings	Pepper Rings	Pepper Rings
	Baby Carrots	Diced Green Peppers	Diced Green Peppers	Diced Green Peppers
	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears
	Pepper Rings	Cauliflower Florets	Cauliflower Florets	Cauliflower Florets
	Canned Fruit	Canned Fruit	Canned Fruit	Cantaloupe
	Chickpeas	Chickpeas	Chickpeas	Chickpeas
	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch Dressing
	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing	1000 Island Dressing
	Saltine Crackers	Saltine Crackers	Saltine Crackers	Saltine Crackers
	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 1

Sept. 2, 2019	Sept. 3, 2019	Sept. 4, 2019	Sept. 5, 2019	Sept. 6, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Tortilla Chips	Tortilla Chips	Tortilla Chips	2 Chicken Chili Crisпитos
	Taco Meat	Chicken Fajita	Taco Meat	
	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
	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes	Diced Tomatoes
	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 Onions	Diced Onions	Diced Onions	Diced Onions
	Sliced Black Olives	Sliced Black Olives	Sliced Black Olives	Sliced Black Olives
	Black Bean Salsa	Black Bean Salsa	Black Bean Salsa	Black Bean Salsa
	Salsa	Salsa	Salsa	Salsa
	Sour Cream (2)	Sour Cream (2)	Sour Cream (2)	Sour Cream (2)
	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers	Sliced Jalapeno Peppers
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch 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 1

Sept. 2, 2019	Sept. 3, 2019	Sept. 4, 2019	Sept. 5, 2019	Sept. 6, 2019
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
NO SCHOOL	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
LABOR DAY	Baked Potato	Whole Kernel Corn	Seasoned Wedge Fries	Mashed Potatoes W/Gravy
	Green beans	White Beans		Broccoli w/ Cheese
	Strawberry Applesauce	Grapes	Peaches	Fresh Melon
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Ranch Dressing	Ranch Dressing	Ranch Dressing	Ranch 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

Sept. 2, 2019	Sept. 3, 2019	Sept. 4, 2019	Sept. 5, 2019	Sept. 6, 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
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Egg and Cheese Omelette Croissant	Gravy and Biscuit	Sausage Breakfast Pizza	Ham & Cheese Croissant
		French Toast Sticks w/ Syrup		
	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts
	Yogurt	Yogurt	Yogurt	Yogurt
	Mini Cinnis	Mini Cinnis	Mini Cinnis	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
	Chocolate Muffin	Honey Bun	Chocolate Muffin	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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