

HARDIN COUNTY MIDDLE SCHOOL MENUS

September 23-27, 2019

| MONDAY - 23 | TUESDAY - 24 | WEDNESDAY - 25 | THURSDAY - 26 | FRIDAY - 27 |
|--|---|---|---|---|
| Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge | BBQ Nachos | Chicken and Cheese Quesadilla Mexican Rice | 2 Pizza Max Sticks with Marinara Sauce | Popcorn Chicken Sister Schubert Roll |
| Vegetable Beef Soup Cheese Toast / Crackers | Baked Ziti Garlic Breadstick | Breaded Steak and Gravy Sister Schubert Roll | Spaghetti Garlic Breadstick | Mini Meatloaf 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 |
| 1/2 cup Strawberry Applesauce | 1/2 cup Orange Wedges | 1 whole Apple | 1/2 cup Strawberry Applesauce | 1/2 cup Orange Wedges |
| 1 whole Apple | 1/2 cup Fruit with Jello | 1/2 cup Strawberries and Bananas | 1/2 cup Mixed Berries | 1/2 cup Strawberry Applesauce |
| 1/2 cup Peaches | 1/2 cup Applesauce | 1 whole Banana | 1/2 cup Grapes | 1/2 cup Peaches |
| 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

September 16-20, 2019

| MONDAY - 16 | TUESDAY - 17 | WEDNESDAY - 18 | THURSDAY - 19 | FRIDAY - 20 |
|--|---|---|--|---|
| Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge | Taco Salad Mexican Rice | 6 Mini Corndogs | Chicken Fajita w/ Cheese on a Soft Shell Tortilla | Mexican Taco on a Soft Shell Tortilla |
| Oven Baked Breaded Chicken Southern Style Biscuit | Poppy Seed Chicken Sister Schubert Roll | Pizza Casserole Garlic Breadstick | 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 Dog 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 Creamy Coleslaw 1/2 cup Tater Tots | 1/2 cup Mashed Potatoes with Gravy | 1/2 cup Broccoli with Cheese |
| 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 Tropical Apples | 1/2 cup Crunchy Veggie Bites 1 1/8 cups Tossed Salad |
| 1 whole Apple | 1/2 cup Orange Wedges | 1 whole Apple | 1/2 cup Orange Wedges | 1 whole Apple |
| 1/2 cup Peaches | 1/2 cup Fruit with Jello | 1 whole Banana | 1/2 cup Applesauce | 1/2 cup Peaches |
| 1/2 cup Strawberry Applesauce | 1/2 cup Pears | 1/2 cup Strawberries and Bananas | 1/2 cup Grapes | 1/2 cup Strawberry Applesauce |
| 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

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HARDIN COUNTY MIDDLE SCHOOL MENUS

September 9-13, 2019

| MONDAY - 9 | TUESDAY - 10 | WEDNESDAY - 11 | THURSDAY - 12 | FRIDAY - 13 |
|---|---|--|--|---|
| STAFF DEVELOPMENT No School for Students | Chicken Fajita w/ Cheese on a Soft Shell Tortilla | Chicken and Cheese Quesadilla Mexican Rice | Taco Salad Mexican Rice | 2 Pizza Max Sticks with Marinara Sauce |
| | Chef BoyarDee Ravioli Casserole with Roll | Oven Baked Breaded Chicken Southern Style Biscuit | Fish Strips Macaroni and Cheese 3 Sweet Corn Hushpuppies | 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 |
| | Breaded Chicken on a Bun | Pulled Pork Barbecue on a Bun | Breaded Chicken on a Bun | Philly Steak and Cheese 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 |
| | Grilled Chicken Salad | Grilled Chicken Salad | Hot Ham & Cheese on Pretzel Roll | Grilled Chicken Salad |
| | PB&J Mini Tiger Paw Pak | PB&J Mini Tiger Paw Pak | Grilled Chicken Salad | PB&J Mini Tiger Paw Pak |
| | 1/2 cup Tater Tots | 1 whole Baked Potato | PB&J Mini Tiger Paw Pak 1/2 cup White Beans | 1/2 cup Crunchy Veggie Bites |
| | 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 | 1/2 cup Tomatoes 1 1/8 cups Tossed Salad | 1/2 cup Creamy Coleslaw 1 1/8 cups Tossed Salad | 1/2 cup Turnip Greens |
| | 1/2 cup Strawberry Applesauce | 1/2 cup Pears | 1/2 cup Applesauce | 1 1/8 cups Tossed Salad |
| | 1/2 cup Fruit with Jello | 1/2 cup Strawberries and Bananas | 1/2 cup Mixed Berries | 1/2 Strawberry Applesauce |
| | 1/2 cup Orange Wedges | 1 whole Banana | 1/2 cup Grapes | 1/2 cup Peaches |
| | 1/2 pint Milk | 1/2 pint Milk | 1/2 pint Milk | 1 whole Apple |
| | | | | 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

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HARDIN COUNTY MIDDLE SCHOOL MENUS

September 2-6, 2019

| MONDAY - 2 | TUESDAY - 3 | WEDNESDAY - 4 | THURSDAY - 5 | FRIDAY - 6 |
|-----------------------------------|---|---|---|---|
| LABOR DAY No School | BBQ Nachos | Chicken and Cheese Quesadilla Mexican Rice | 2 Pizza Max Sticks with Marinara Sauce | Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge |
| | 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 |
| | 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 |
| | 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 |
| | 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 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 | 1/2 cup Green Peas 1 1/8 cups Tossed Salad | 1 1/8 cups Tossed Salad | 1/2 cup Blackeyed Peas 1 1/8 cups Tossed Salad |
| | 1/2 cup Orange Wedges | 1 whole Apple | 1/2 cup Strawberry Applesauce | 1/2 cup Orange Wedges |
| | 1/2 cup Fruit with Jello | 1/2 cup Strawberries and Bananas | 1/2 cup Mixed Berries | 1/2 cup Strawberry Applesauce |
| | 1/2 cup Applesauce | 1 whole Banana | 1/2 cup Grapes | 1/2 cup Peaches |
| | 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

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