

# HARDIN COUNTY MIDDLE SCHOOL MENU

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
Egg and Cheese on a Biscuit	Ham and Cheese on a Croissant	Egg and Cheese on a Croissant	Ham and Cheese on a Croissant	Egg and Cheese on a Biscuit
Sausage Breakfast Pizza	Mini Powdered Sugar Donuts	Mini Bagels	3 Cinnamon Glazed French Toast Sticks	Sausage Breakfast Pizza
Pop-Tarts (2)		Pop-Tarts (2)		Pop-Tarts (2)
Cereal	Cereal	Cereal	Cereal	Cereal
Mini Honeybun - RF	Cereal Bar	Mini Pancakes (9)	Chocolate Chocolate Chip Muffin	Cereal Bar
	Mini Cinnis			Funnel Cake Waffle
PB&J Sandwich	PB&J Sandwich	PB&J Sandwich	PB&J Sandwich	PB&J Sandwich
4 oz. Yogurt	4 oz. Yogurt	4 oz. Yogurt	4 oz. Yogurt	4 oz. Yogurt
Fruit	Fruit	Fruit	Fruit	Fruit
4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

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

**Daily Servings:**

- 1 oz. equivalent Grains/Breads daily (minimum 8 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

This institution is an equal opportunity provider.