

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 3

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Week 3				
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Lasagna	Ravioli Casserole	Country Style Chicken w/ Peppered White Gravy	In-Service Day
Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll	Southern Style Biscuit	No School for Students
Seasoned Straight Cut Fries	Whole Kernel Corn	Whole Kernel Corn	Mashed Potatoes with Gravy	
Whole Kernel Corn	Green Beans	Broccoli with Cheese	Green Peas	
Broccoli with Cheese	Baked Potato	White Beans		
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	
Grapes	Peaches	Grapes	Strawberry Applesauce	
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% 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

March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger	Cheeseburger	Hamburger	Cheeseburger	In-Service Day
Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	No School for Students
	Corndog	Meatball Sub		
Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich	
Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	Mini Paw Pack	
Seasoned Straight Cut Fries	Baked Potato	Whole Kernel Corn	Seasoned Wedge Fries	
Broccoli with Cheese	Green Beans		Coleslaw	
Baby Carrots	Baby Carrots	Baby Carrots	Baked Beans	
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.				

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% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

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Salad Bar Plus				
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Potato Bar	Soup and Salad Bar	Salad Bar	Salad Bar	
Baked Potato	Chili with Beans		Tortilla Chips	In-Service Day
Cheese Sauce	Cheese Toast		Pulled Pork BBQ	No School for Students
Sister Schubert Roll			Cheese Sauce	
		BERRY DELIGHT SALAD		
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	
Chopped Onions	Cauliflower	Sliced Radishes	Sliced Radishes	
Diced Green Peppers	Diced Green Peppers	Sliced Cucumbers	Sliced Cucumbers	
Baby Carrots	Sliced Radishes	Broccoli Florets	Broccoli Florets	
Pepper Rings	Broccoli Florets	Baby Carrots	Baby Carrots	
Ind. Butter cups	Sliced Cucumbers	Pepper Rings	Pepper Rings	
Sour Cream	Baby Carrots	Diced Green Peppers	Diced Green Peppers	
Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears	Chopped Pickle Spears	
Chickpeas	Pepper Rings	Cauliflower Florets	Cauliflower Florets	
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	
Raspberry Vinaigrette Dressing	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% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Mexican Bar Week 3

March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Tortilla	Tortilla Chips	Tortilla Chips	Tortilla Chips	In-Service Day
Chicken Fajita	Taco Meat	Chicken Fajita	Taco Meat	
Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce	No School for Students
	Mexican Rice	Mexican Rice	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		
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% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Pizza Bars Week 1

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Pizza Bars Week 1				
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Max Sticks	Tony's Pepperoni Pizza Wedge	Real Slice Pepperoni Pizza Wedge	Tony's Pepperoni Pizza Wedge	In-Service Day
	Stuffed Crust Cheese	Real Slice Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	No School for Students
Seasoned Straight Cut Fries	Baked Potato	Whole Kernel Corn	Seasoned Wedge Fries	
	Green Beans	White Beans		
Grape Tomatoes	Grape Tomatoes	Grape Tomatoes	Grape Tomatoes	
Grapes	Peach Slices	Grapes	Strawberry Applesauce	
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% chocolate milk
 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	In-Service Day
Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	No School for Students
Gravy and Biscuit	Egg and Cheese Omelette Croissant	Gravy and Biscuit	Sausage Breakfast Pizza	
Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts	
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	
Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin	
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 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% chocolate milk
 1/2 pint fat free 0% strawberry milk

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