

HARDIN COUNTY MIDDLE SCHOOL MENUS

March 30 - April 3, 2020

MONDAY - 30	TUESDAY - 31	WEDNESDAY - 1	THURSDAY - 2	FRIDAY - 3
Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge	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
Country Style Chicken with Gravy and Biscuit	Chili with Beans Cheese Toast / Crackers	Oven Baked Breaded Chicken Southern Style Biscuit	Fish Strips Macaroni and Cheese	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	3 Sweet Corn Hushpuppies	Deli Turkey or Ham and Cheese Sandwich
Cheeseburger on a Bun	Breaded Chicken on a Bun	Pulled Pork Barbecue on a Bun	Deli Turkey or Ham and Cheese Sandwich	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	Breaded Chicken on a Bun	Hot Ham & Cheese on Pretzel Roll
Grilled Chicken Salad	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	PB&J Mini Tiger Paw Pak	Grilled Chicken Salad	PB&J Mini Tiger Paw Pak
1/2 cup Mashed Potatoes with Gravy	1/2 cup Tater Tots	1 whole Baked Potato	PB&J Mini Tiger Paw Pak	1/2 cup Crunchy Veggie Bites
1/2 cup Green Beans	1/2 cup Glazed Baby Carrots	2/3 cup Baked Beans	1/2 cup Pinto Beans	1/2 cup Seasoned Wedge Fries
1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Creamy Coleslaw	1/2 cup Whole Kernel Corn	1/2 cup Turnip Greens
		1/2 cup Tomatoes	1/2 cup Creamy Coleslaw	1/2 cup Turnip Greens
		1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad
			1/2 cup Tropical Apples	1 1/8 cups Tossed Salad
1/2 cup Peaches		1/2 cup Pears	1/2 cup Applesauce	1/2 Strawberry Applesauce
1 whole Apple	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Mixed Berries	1/2 cup Peaches
1/2 cup Strawberries	1/2 cup Orange Wedges	1 whole Banana	1/2 cup Grapes	1 whole Apple
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

March 16 - 20, 2020

MONDAY - 16	TUESDAY - 17	WEDNESDAY - 18	THURSDAY - 19	FRIDAY - 20
Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge	BBQ Nachos	2 Pizza Max Sticks with Marinara Sauce	Chicken Chili Crispito with Cheese and Mexican Rice	Holiday No School!
Vegetable Beef Soup Cheese Toast / Crackers	Baked Ziti Garlic Breadstick	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	
Cheeseburger on a Bun	Breaded Chicken on a Bun	Meatball Sub Sandwich	Breaded Chicken 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	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 Tater Tots	1/2 cup Whole Kernel Corn	1 whole Baked Potato	1/2 cup Glazed Baby Carrots	
1/2 cup Blackeyed Peas	1/2 cup Broccoli with Cheese	1 1/4 cups Crunchy Romaine Salad	2/3 cup Hashbrown Casserole	
1 1/8 cups Tossed Salad	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	1/2 cup Strawberry Applesauce	1/2 cup Orange Wedges	
1 whole Apple	1/2 cup Fruit with Jello	1/2 cup Mixed Berries	1/2 cup Strawberry Applesauce	
1/2 cup Peaches	1/2 cup Applesauce	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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HARDIN COUNTY MIDDLE SCHOOL MENUS

March 9 - 13, 2020

MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
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	Doritos Taco Mexican Rice
Mini Meatloaf Sister Schubert Roll	Poppy Seed Chicken Sister Schubert Roll	Pizza Casserole Garlic Breadstick	Breaded Steak and Gravy Sister Schubert Roll	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	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

March 2 - 6, 2020

MONDAY - 2	TUESDAY - 3	WEDNESDAY - 4	THURSDAY - 5	FRIDAY - 6
Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	Chicken and Cheese Quesadilla Mexican Rice	Chicken Chili Crispito with Cheese and Mexican Rice	2 Pizza Max Sticks with Marinara Sauce
Country Style Chicken with Gravy and Biscuit	Homemade Lasagna Garlic Breadstick	Oven Baked Breaded Chicken Southern Style Biscuit	Chicken Alfredo 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	Deli Turkey or Ham and Cheese Sandwich
Cheeseburger on a Bun	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	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 Tater Tots	1 whole Baked Potato	1/2 cup Pinto Beans	1/2 cup Crunchy Veggie Bites
1/2 cup Green Beans	1/2 cup Glazed Baby Carrots	2/3 cup Baked Beans	1 1/4 cups Crunchy Romaine Salad	1/2 cup Seasoned Wedge Fries
1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Creamy Coleslaw	1/2 cup Whole Kernel Corn	1/2 cup Turnip Greens
		1/2 cup Tomatoes	1 1/8 cups Tossed Salad	
		1 1/8 cups Tossed Salad	1/2 cup Tropical Apples	1 1/8 cups Tossed Salad
1/2 cup Peaches	1/2 cup Strawberry Applesauce	1/2 cup Pears	1/2 cup Applesauce	1/2 Strawberry Applesauce
1 whole Apple	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Mixed Berries	1/2 cup Peaches
1/2 cup Pears	1/2 cup Orange Wedges	1 whole Banana	1/2 cup Grapes	1 whole Apple
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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