



Fall is Here!

HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU September 2020

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday – August 31	Tuesday – 1	Wednesday - 2	Thursday - 3	Friday - 4
	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	
Monday - 7	Tuesday - 8	Wednesday - 9	Thursday - 10	Friday - 11
Labor Day	Bacon and Egg on a Croissant Cereal	Cinnamon Glazed French Toast Sticks Cereal	Biscuit Scrambled Egg Cereal	
Monday - 14	Tuesday - 15	Wednesday - 16	Thursday - 17	Friday - 18
Staff Development	Chicken Biscuit Cereal	Eggo Blueberry Mini Pancakes Cereal	Breakfast Sausage Pizza Cereal	
Monday - 21	Tuesday - 22	Wednesday - 23	Thursday - 24	Friday - 25
	Cinnamon Glazed French Toast Sticks Cereal	Mini Honeybun Popcorn Chicken Cereal	Egg and Cheese Biscuit Cereal	
Monday - 28	Tuesday - 29	Wednesday - 30	Thursday – October 1	Friday – October 2
	Biscuit Gravy Cereal	Pop-Tart Chicken Rings Cereal	Scrambled Egg Biscuit Cereal	

Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 7 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 weekly)
- 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.