

HARDIN COUNTY HIGH SCHOOL MENU

Food Stations Week 1

HARDIN COUNTY HIGH SCHOOL MENU				
Food Stations Week 1				
September 7, 2020	September 8, 2020	September 9, 2020	September 10, 2020	September 11, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Tenders	Baked Ziti	Chicken Fajita Nachos w/Queso	
	Sister Schubert Roll	Cheesy Garlic Breadstick	Tortilla Chips	
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Cheese Pizza Wedge	
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Pepperoni Pizza Wedge	
	Infinity Fries	Green Beans	Cheesy Refried Beans	
	Broccoli w/ Cheese	Baked Potato or Baked Sweet Potato	Corn	
	Tossed Salad	Tossed Salad	Tossed Salad	
	Assorted Dressing	Assorted Dressing	Assorted Dressing	
	Grapes	Peach Slices	Strawberry Applesauce	
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. Fruit Juice
 1/2 cup 100% Frozen Fruit Juice
 Sidekick
 offered everyday as a fruit choice

Milk Choices:

4 oz. Fruit Juice
 1/2 pint fat free 0% white milk
 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Sandwich Station Week 1

September 7, 2020	September 8, 2020	September 9, 2020	September 10, 2020	September 11, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger	Cheeseburger	Cheeseburger	
	Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	Pulled Pork Barbecue Sandwich	
	Deli Sandwich	Deli Sandwich	Deli Sandwich	
	Infinity Fries	Green Beans	Tater Tots	
	Broccoli w/ Cheese	Baked Potato or Baked Sweet Potato	Corn	
			Baked Beans	
	Baby Carrots	Baby Carrots	Coleslaw	
	Sandwich Trimmings	Sandwich Trimmings	Sandwich Trimmings	
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
 4 oz. Fruit Juice
 Sidekick
 offered everyday as a fruit choice

Milk Choices:

1/2 pint lowfat 1% white milk
 4 oz. Fruit Juice
 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salads/ Mini Tiger Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/ Mini Tiger Paw Pack				
September 7, 2020	September 8, 2020	September 9, 2020	September 10, 2020	September 11, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	
	Mini Tiger Paw Pack	Mini Tiger Paw Pack	Mini Tiger Paw Pack	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

September 7, 2020	September 8, 2020	September 9, 2020	September 10, 2020	September 11, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	
	Eggo Blueberry Pancake with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	
	Mini Cinnis	Mini Cinnis	Mini Cinnis	
	Cereal	Cereal	Cereal	
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	
	Cereal Bar	Cereal Bar	Cereal Bar	
	Honey Bun	Chocolate Muffin	Honey Bun	
	Pop-Tarts	Pop-Tarts	Pop-Tarts	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	
	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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Food Stations Week 3

HARDIN COUNTY HIGH SCHOOL MENU				
Food Stations Week 3				
September 14, 2020	September 15, 2020	September 16, 2020	September 17, 2020	September 18, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Country Style Chicken w/Peppered Gravy	Ravioli Casserole	Pulled Pork Totchos	
	Sister Schubert Roll	Sister Schubert Roll	Sister Schubert Roll	
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Pepperoni Pizza Wedge	
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Cheese Pizza Wedge	
	Mashed Potatoes with Brown Gravy	Green Beans	Tater Tots	
	Blackeyed Peas	Baked Potato or Baked Sweet Potato	Baked Beans	
	Tossed Salad	Tossed Salad	Tossed Salad	
	Assorted Dressing	Assorted Dressing	Assorted Dressing	
	Grapes	Peach Slices	Strawberry Applesauce	
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% white milk
- 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Sandwich Station

Sandwich Station				
September 14, 2020	September 15, 2020	September 16, 2020	September 17, 2020	September 18, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger	Cheeseburger	Cheeseburger	
	Breaded Chicken Sandwich	Meatball Sub	Pulled Pork Barbecue Sandwich	
	Deli Sandwich	Deli Sandwich	Deli Sandwich	
	Mashed Potatoes with Brown Gravy	Green Beans	Tater Tots	
	Blackeyed Peas	Baked Potato or Baked Sweet Potato	Baked Beans	
	Baby Carrots	Baby Carrots	Coleslaw	
	Sandwich Trimmings	Sandwich Trimmings	Sandwich Trimmings	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salads/Mini Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/Mini Paw Pack				
September 14, 2020	September 15, 2020	September 16, 2020	September 17, 2020	September 18, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	
	Mini Tiger Paw Pack	Mini Tiger Paw Pack	Mini Tiger Paw Pack	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
September 14, 2020	September 15, 2020	September 16, 2020	September 17, 2020	September 18, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	
	Eggo Blueberry Pancake with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	
	Mini Cinnis	Mini Cinnis	Mini Cinnis	
	Cereal	Cereal	Cereal	
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	
	Cereal Bar	Cereal Bar	Cereal Bar	
	Honey Bun	Chocolate Muffin	Honey Bun	
	Pop-Tarts	Pop-Tarts	Pop-Tarts	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	
	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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Food Station Week 4

September 21, 2020	September 22, 2020	September 23, 2020	September 24, 2020	September 25, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Vegetable Beef Soup with Saltine Crackers	Oven Baked Breaded Chicken	Chicken Fajita	
	Cheese Toast	Biscuit	Flour Tortilla	
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Pepperoni Pizza Wedge	
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Cheese Pizza Wedge	
	Tater Tots	Green Beans	Cheesy Refried Beans	
	Crunchy Veggies with Ranch	Baked Potato or Baked Sweet Potato	Corn	
	Tossed Salad	Tossed Salad	Tossed Salad	
	Assorted Dressing	Assorted Dressing	Assorted Dressing	
	Grapes	Peach Slices	Strawberry Applesauce	
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% white milk
 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Sandwich Station

Sandwich Station				
September 21, 2020	September 22, 2020	September 23, 2020	September 24, 2020	September 25, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger	Cheeseburger	Cheeseburger	
	Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	Pulled Pork Barbecue Sandwich	
	Deli Sandwich	Deli Sandwich	Deli Sandwich	
	Tater Tots	Green Beans	Corn	
	Crunchy Veggies with Ranch	Baked Potato or Baked Sweet Potato	Baked Beans	
	Baby Carrots	Baby Carrots	Coleslaw	
	Sandwich Trimmings	Sandwich Trimmings	Sandwich Trimmings	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salads/ Mini Tiger Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/ Mini Tiger Paw Pack				
September 21, 2020	September 22, 2020	September 23, 2020	September 24, 2020	September 25, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	
	Mini Tiger Paw Pack	Mini Tiger Paw Pack	Mini Tiger Paw Pack	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
September 21, 2020	September 22, 2020	September 23, 2020	September 24, 2020	September 25, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	
	Eggo Blueberry Pancake with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	
	Mini Cinnis	Mini Cinnis	Mini Cinnis	
	Cereal	Cereal	Cereal	
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	
	Cereal Bar	Cereal Bar	Cereal Bar	
	Honey Bun	Chocolate Muffin	Honey Bun	
	Pop-Tarts	Pop-Tarts	Pop-Tarts	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	
	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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Food Station- Week 5

Food Station- Week 5				
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Popcorn Chicken	Fish Strips and/or Macaroni & Cheese	Taco Meat with Cheese Sauce	
	Sister Schubert Roll	Hushpuppies	Tortilla Chips	
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Pepperoni Pizza Wedge	
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Cheese Pizza Wedge	
	Infinity Fries	White Beans	Tater Tots	
	Broccoli with Cheese	Whole Kernel Corn	Whole Kernel Corn	
	Tossed Salad	Tossed Salad/ Coleslaw	Tossed Salad	
	Assorted Dressing	Assorted Dressing	Assorted Dressing	
	Grapes	Peach Slices	Strawberry Applesauce	

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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Sandwich Station

Sandwich Station				
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hamburger	Cheeseburger	Cheeseburger	
	Breaded Chicken Sandwich	Meatball Sub	Pulled Pork Barbecue Sandwich	
	Deli Sandwich	Deli Sandwich	Deli Sandwich	
	Infinity Fries	White Beans	Tater Tots	
	Broccoli w/ Cheese	Whole Kernel Corn	Corn	
			Baked Beans	
	Baby Carrots	Baby Carrots	Coleslaw	
	Sandwich Trimmings	Sandwich Trimmings	Sandwich Trimmings	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salads/ Mini Tiger Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/ Mini Tiger Paw Pack				
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	
	Mini Tiger Paw Pack	Mini Tiger Paw Pack	Mini Tiger Paw Pack	
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	
	Eggo Blueberry Pancake with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	
	Mini Cinnis	Mini Cinnis	Mini Cinnis	
	Cereal	Cereal	Cereal	
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	
	Cereal Bar	Cereal Bar	Cereal Bar	
	Honey Bun	Chocolate Muffin	Honey Bun	
	Pop-Tarts	Pop-Tarts	Pop-Tarts	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	
	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

This institution is an equal opportunity provider