

HARDIN COUNTY MIDDLE SCHOOL MENUS

August 31 - September 4, 2020

MONDAY - August 31	TUESDAY - 1	WEDNESDAY - 2	THURSDAY - 3	FRIDAY - 4
	Queso Nachos Mexican Rice	Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	
	Poppy Seed Chicken Sister Schubert Roll	Pizza Casserole Garlic Breadstick	Breaded Steak and Gravy Sister Schubert Roll	
	Breaded Chicken Sandwich	Pulled Pork BBQ on a Bun	Breaded Chicken Sandwich	
	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	
	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 Whole Kernel Corn	1/2 cup Grape Tomatoes 2/3 cup Baked Beans	1/2 cup Green Peas	
	1/2 cup Blackeyed Peas 1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad 1/2 cup Strawberries and Bananas	1 1/8 cups Tossed Salad 1/2 cup Mixed Berries	
	1/2 cup Orange Wedges			
	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Grapes	
	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

September 7 - 11, 2020

MONDAY - 7	TUESDAY - 8	WEDNESDAY - 9	THURSDAY - 10	FRIDAY - 11
LABOR DAY No School	BBQ Nachos	Chicken and Cheese Quesadilla Mexican Rice	Popcorn Chicken Sister Schubert Roll	
	Breaded Chicken Sandwich	Spaghetti Garlic Breadstick	Breaded Chicken Sandwich	
	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	
	1/2 cup Whole Kernel Corn	1 whole Baked Potato	1/2 cup Glazed Baby Carrots	
	1/2 cup Broccoli with Cheese	1 1/4 cups Crunchy Romaine Salad	1/2 cup Mashed Potatoes with Gravy	
	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	
	1/2 cup Orange Wedges	1/2 cup Mixed Berries	1/2 cup Grapes	
	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Strawberry Applesauce	
	1/2 cup Applesauce	1/2 pint Milk	1/2 pint Milk	
	1/2 pint Milk			

Lettuce, Tomato, Onion and Pickle offered daily

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

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HARDIN COUNTY MIDDLE SCHOOL MENUS

September 14 - 18, 2020

MONDAY - 14	TUESDAY - 15	WEDNESDAY - 16	THURSDAY - 17	FRIDAY - 18
STAFF DEVELOPMENT No School for Students	Pulled Pork Totchos Sister Schubert Roll	Fish Strips Macaroni and Cheese	Oven Baked Breaded Chicken Southern Style Biscuit	
	Breaded Chicken Sandwich	Hushpuppies Cheeseburger on a Bun	Meatball Sub Sandwich	
	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	
	1/2 cup Whole Kernel Corn	1/2 cup Infinity Fries	1 whole Baked Potato	
	1/2 cup Glazed Baby Carrots	1/2 cup Pinto Beans 1/2 cup Creamy Coleslaw	1/2 cup Turnip Greens 1/2 cup Tomatoes	
	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 Strawberries and Bananas	1/2 cup Mixed Berries	
	1/2 cup Orange Wedges	1 whole Banana	1/2 cup Grapes	
	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	

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- 1/2 cup 100% Frozen Fruit Juice
- offered Tuesday and Thursday
- as a fruit choice

Milk Choices:

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HARDIN COUNTY MIDDLE SCHOOL MENUS

September 21 - 25, 2020

MONDAY - 21	TUESDAY - 22	WEDNESDAY - 23	THURSDAY - 24	FRIDAY - 25
	Chicken Fajita w/ Cheese on a Soft Shell Tortilla	Popcorn Chicken Sister Schubert Roll	Country Style Chicken with Gravy and Biscuit	
	Breaded Chicken Sandwich	Pulled Pork BBQ on a Bun	Meatball Sub Sandwich	
	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	
	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 Whole Kernel Corn	2/3 cup Baked Beans	1/2 cup Green Beans	
	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	
	1/2 cup Orange Wedges	1/2 cup Strawberries and Bananas	1/2 cup Mixed Berries	
	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Grapes	
	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	

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HARDIN COUNTY MIDDLE SCHOOL MENUS

September 28 - October 2, 2020

MONDAY - 28	TUESDAY - 29	WEDNESDAY - 30	THURSDAY - October 1	FRIDAY - October 2
	BBQ Nachos	Pizza Casserole Garlic Breadstick	Chicken and Cheese Quesadilla Mexican Rice	
	Breaded Chicken Sandwich	Cheeseburger on a Bun	Meatball Sub Sandwich	
	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	PB&J Mini Tiger Paw Pak	
	1/2 cup Whole Kernel Corn	1 whole Baked Sweet Potato with Brown Sugar/Cinnamon	1/2 cup Blackeyed Peas	
	1/2 cup Broccoli with Cheese	1/2 cup Seasoned Green Beans	1/2 cup Seasoned Wedge Potatoes	
	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	
	1/2 cup Orange Wedges	1/2 cup Strawberries and Bananas	1/2 cup Peach Slices	
	1/2 cup Strawberry Applesauce	1 whole Banana	1/2 cup Grapes	
	1/2 pint Milk	1/2 pint Milk	1/2 pint Milk	

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