

HARDIN COUNTY MIDDLE SCHOOL MENUS

October 12 - 16, 2020

MONDAY - 12	TUESDAY - 13	WEDNESDAY - 14	THURSDAY - 15	FRIDAY - 16
	Pulled Pork Totchos Sister Schubert Roll	Fish Strips Macaroni and Cheese	Oven Baked Breaded Chicken Southern Style Biscuit	Popcorn Chicken Sister Schubert Roll
	Breaded Chicken Sandwich	Hushpuppies Cheeseburger on a Bun	Meatball Sub Sandwich	Stuffed Crust Cheese Pizza Tony's Pepperoni Pizza Wedge
	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 Infinity Fries	1 whole Baked Potato	1/2 cup Sidewinder Potatoes
	1/2 cup Glazed Baby Carrots	1/2 cup Pinto Beans 1/2 cup Creamy Coleslaw	1/2 cup Turnip Greens	1/2 cup Green Beans
	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 Strawberries and Bananas	1/2 cup Mixed Berries	1/2 cup Frozen Diced Strawberries
	1/2 cup Orange Wedges	1 whole Banana	1/2 cup Sliced Pears	1 whole Apple
	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

October 19 - 23, 2020

MONDAY - 19	TUESDAY - 20	WEDNESDAY - 21	THURSDAY - 22	FRIDAY - 23
	Poppy Seed Chicken Sister Schubert Roll	Vegetable Beef Soup Grilled Cheese / Crackers	Breaded Steak and Gravy Sister Schubert Roll	Pizza Max Sticks Marinara Sauce
	Breaded Chicken Sandwich	Pulled Pork BBQ on a Bun	Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge	Cheeseburger on a Bun
	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 Glazed Baby Carrots	1/2 cup Creamy Coleslaw 1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy	1/2 cup Infinity Fries
	1/2 cup Whole Kernel Corn	2/3 cup Baked Beans	1/2 cup Green Peas	1/2 cup Green Beans
	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 Apple Wedges	1/2 cup Strawberries and Bananas	1/2 cup Mixed Berries	1/2 cup Strawberry Applesauce
	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Grapes	1/2 cup Diced 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

October 26 - 30, 2020

MONDAY - 26	TUESDAY - 27	WEDNESDAY - 28	THURSDAY - 29	FRIDAY - 30
	BBQ Nachos	Chicken and Cheese Quesadilla Mexican Rice	Popcorn Chicken Sister Schubert Roll	Stuffed Crust Cheese Pizza Tony's Pepperoni Pizza Wedge
	Breaded Chicken Sandwich	Spaghetti Garlic Breadstick	Cheeseburger on a Bun	Pulled Pork BBQ Sandwich
	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 Whole Kernel Corn	1 whole Baked Potato	1/2 cup Glazed Baby Carrots	1/2 cup Tater Tots
	1/2 cup Broccoli with Cheese	1 1/4 cups Crunchy Romaine Salad	1/2 cup Mashed Potatoes with Gravy	1/2 cup Baked Beans
	1 1/8 cups Tossed Salad	1/2 cup Green Beans	1 1/8 cups Tossed Salad	1/2 cup Coleslaw
	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 Apple Wedges	1/2 cup Mixed Berries	1/2 cup Grapes	1/2 cup Frozen Diced Strawberries
	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Strawberry Applesauce	1/2 cup Sliced Peaches
	1/2 cup Applesauce	1/2 pint Milk	1/2 pint Milk	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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