

# HARDIN COUNTY HIGH SCHOOL MENU

## Food Stations Week 1

Food Stations Week 1				
October 12, 2020	October 13, 2020	October 14, 2020	October 15, 2020	October 16, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Tenders Sister Schubert Roll	Spaghetti w/ Meatballs Cheesy Garlic Breadstick	Country Style Chicken Sister Schubert Roll	Poppy Seed Chicken Sister Schubert Roll
	Chicken Fajita Cheese Sauce Tortilla Chips	Taco Meat Cheese Sauce Tortilla Chips/ Mexican Rice	Pulled Pork BBQ Queso Tortilla Chips	2 Chicken Chili Crisпитos Cheese Sauce
	Hamburger	Cheeseburger	Cheeseburger	Hamburger
	Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	BBQ Sandwich	Meatball Sub
	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Cheese Pizza Wedge	Pizza Max Sticks/ Marinara
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Pepperoni Pizza Wedge	
	Infinity Fries	Baked Potato	Potato Wedges	Mashed Potatoes w/ Brown Gravy
	Broccoli w/ Cheese	Baked Sweet Potato	Baked Beans	Lima Beans
	Whole Kernel Corn	Green Beans	Coleslaw	Whole Kernel Corn
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Grapes	Peach Slices	Strawberry Applesauce	Grapes

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:**

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

# HARDIN COUNTY HIGH SCHOOL MENU

## Salads/ Mini Tiger Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/ Mini Tiger Paw Pack				
October 12, 2020	October 13, 2020	October 14, 2020	October 15, 2020	October 16, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
	Mini Tiger Paw Pack	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

October 12, 2020	October 13, 2020	October 14, 2020	October 15, 2020	October 16, 2020
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Eggo Blueberry Pancakes with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	Sausage Breakfast Pizza
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Cereal	Cereal	Cereal	Cereal
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar
	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin
	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Juice
	Choice of Milk	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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Food Stations Week 2

October 19, 2020	October 20, 2020	October 21, 2020	October 22, 2020	October 23, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Popcorn Chicken	Baked Ziti	Vegetable Beef Soup	Oven Baked Breaded Chicken Biscuit
	Sister Schubert Roll	Cheesy Garlic Breadstick	Grilled Cheese	
	Chicken Fajita Cheese Sauce	Taco Meat Cheese Sauce	BBQ Meat Queso	2 Chicken Chili Crisпитos Cheese Sauce
	Tortilla Chips	Tortilla Chips/ Mexican Rice	Tortilla Chips	
	Hamburger	Cheeseburger	Cheeseburger	Hamburger
	Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	BBQ Sandwich	Meatball Sub
	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Cheese Pizza Wedge	Pizza Max Sticks/ Marinara
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Pepperoni Pizza Wedge	
	Infinity Fries	Baked Potato	Potato Wedges	Mashed Potatoes w/ Brown Gravy
	Broccoli w/ Cheese	Baked Sweet Potato	Baked Beans	Lima Beans
	Whole Kernel Corn	Green Beans	Coleslaw	Whole Kernel Corn
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Grapes	Peach Slices	Strawberry Applesauce	Grapes

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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Salads/Mini Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/Mini Paw Pack				
October 19, 2020	October 20, 2020	October 21, 2020	October 22, 2020	October 23, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
	Mini Tiger Paw Pack	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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

Breakfast				
October 19, 2020	October 20, 2020	October 21, 2020	October 22, 2020	October 23, 2020
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Eggo Blueberry Pancakes with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	Sausage Breakfast Pizza
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Cereal	Cereal	Cereal	Cereal
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar
	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin
	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Juice
	Choice of Milk	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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Food Station Week 3

October 26, 2020	October 27, 2020	October 28, 2020	October 29, 2020	October 30, 2020
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Popcorn Tenders	Lasagna	Pulled Pork Totchos	Mini Meatloaf
	Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll	Sister Schubert Roll
	Chicken Fajita	Taco Meat	BBQ Meat	2 Chicken Chili Crisпитos
	Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce
	Tortilla Chips	Tortilla Chips/ Mexican Rice	Tortilla Chips	
	Hamburger	Cheeseburger	Cheeseburger	Hamburger
	Breaded Chicken Sandwich	Philly Cheese Steak Sandwich	BBQ Sandwich	Meatball Sub
	Deli Sandwich	Deli Sandwich	Deli Sandwich	Deli Sandwich
	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza	Real Slice Cheese Pizza Wedge	Pizza Max Sticks/ Marinara
	Tony's Pepperoni Pizza	Fiestada Pizza	Real Slice Pepperoni Pizza Wedge	
	Infinity Fries	Baked Potato	Potato Wedges	Ranch Potatoes
	Broccoli w/ Cheese	Baked Sweet Potato	Baked Beans	Blackeyed Peas
	Whole Kernel Corn	Green Beans	Coleslaw	Whole Kernel Corn
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Grapes	Peach Slices	Strawberry Applesauce	Grapes
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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Salads/ Mini Tiger Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/ Mini Tiger Paw Pack				
October 26, 2020	October 27, 2020	October 28, 2020	October 29, 2020	October 30, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
	Mini Tiger Paw Pack	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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

Breakfast				
October 26, 2020	October 27, 2020	October 28, 2020	October 29, 2020	October 30, 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Eggo Blueberry PancakeS with Syrup	Egg and Cheese Omelette Croissant	Eggo Mini Waffles with Syrup	Sausage Breakfast Pizza
	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Cereal	Cereal	Cereal	Cereal
	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar
	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin
	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Juice
	Choice of Milk	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)
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- 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

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