

## HARDIN COUNTY MIDDLE SCHOOL MENUS

November 2 - 6, 2020

MONDAY - 2	TUESDAY - 3	WEDNESDAY - 4	THURSDAY - 5	FRIDAY - 6
	Pulled Pork Totchos Sister Schubert Roll	Queso Nachos Mexican Rice	Country Style Chicken with Gravy Southern Style Biscuit	Popcorn Chicken Sister Schubert Roll
	Breaded Chicken Sandwich	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	1/2 cup Mashed Potatoes	1/2 cup Sidewinder Potatoes
	1/2 cup Glazed Baby Carrots	1/2 cup Pinto Beans	1/2 cup Seasoned Green Beans	1/2 cup Whole Kernel Corn
	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

November 9 - 13, 2020

MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
	Poppy Seed Chicken Sister Schubert Roll	Vegetable Beef Soup Grilled Cheese / Crackers	Breaded Steak and Gravy Sister Schubert Roll	Popcorn Chicken Sister Schubert Roll
	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

November 16 - 20, 2020

MONDAY - 16	TUESDAY - 17	WEDNESDAY - 18	THURSDAY - 19	FRIDAY - 20
	BBQ Nachos	Chicken and Cheese Quesadilla Mexican Rice	Turkey and Dressing w/ Roll Cranberry Sauce	Chicken Spaghetti Garlic Breadstick
	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 Sweet Potato Casserole	1/2 cup Tater Tots
	1/2 cup Broccoli with Cheese	1 1/4 cups Crunchy Romaine Salad	1/2 cup Seasoned Green Beans	1/2 cup Baked Beans
	1 1/8 cups Tossed Salad	1/2 cup Green Beans	1/2 cup Coleslaw	1/2 cup Coleslaw
	1/2 cup Apple Wedges	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad
	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Grapes	1/2 cup Frozen Diced Strawberries
	1/2 cup Applesauce	1 whole Banana	1/2 cup Strawberry Applesauce	1/2 cup Sliced 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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