

## HARDIN COUNTY MIDDLE SCHOOL MENUS

January 4 - 8, 2021

MONDAY - 4	TUESDAY - 5	WEDNESDAY - 6	THURSDAY - 7	FRIDAY - 8
No School  Traditional, Distance Learning Students and Other Children Not Enrolled in School Pick-up Take Home Meals 10:00 - 11:00 a.m.	Distance Learning Day for ALL Students  No Students Attend School In Person	Pulled Pork Totchos Sister Schubert Roll	Country Style Chicken with Gravy Southern Style Biscuit	Chicken Chili Crispito with Queso Mexican Rice
		Breaded Chicken Sandwich	Meatball Sub Sandwich	Cheeseburger on a Bun
		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 Mashed Potatoes	1/2 cup Sidewinder Potatoes
		1/2 cup Glazed Baby Carrots	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
		1/2 cup Strawberry Applesauce	1/2 cup Mixed Berries	1/2 cup Frozen Diced Strawberries
		1/2 cup Orange Wedges	1/2 cup Sliced Peaches	1 whole Apple
		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

This institution is an equal opportunity provider.

## HARDIN COUNTY MIDDLE SCHOOL MENUS

January 11 - 15, 2021

MONDAY - 11	TUESDAY - 12	WEDNESDAY - 13	THURSDAY - 14	FRIDAY - 15
Popcorn Chicken Sister Schubert Roll	Poppy Seed Chicken Sister Schubert Roll	Vegetable Beef Soup Grilled Cheese / Crackers	Breaded Steak and Gravy Sister Schubert Roll	Ravioli Casserole Sister Schubert Roll
Hot Dog on a Bun	Breaded Chicken Sandwich	Philly Steak and Cheese 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	PB&J Mini Tiger Paw Pak
1 whole Baked Potato	1/2 cup Glazed Baby Carrots	1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy	1/2 cup Infinity Fries
1/2 cup Green Beans	1/2 cup Whole Kernel Corn	1/2 cup Blackeyed Peas	1/2 cup Green Peas	1/2 cup Crunchy Baby Carrots
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 1/8 cups Tossed Salad
1/2 cup Strawberry Applesauce	1/2 cup Apple Wedges	1/2 cup Strawberries and Bananas	1/2 cup Mixed Berries	1/2 cup Strawberry Applesauce
1 Halo or Tangerine	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	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

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## HARDIN COUNTY MIDDLE SCHOOL MENUS

January 18 - 22, 2021

MONDAY - 18	TUESDAY - 19	WEDNESDAY - 20	THURSDAY - 21	FRIDAY - 22
Martin Luther King Birthday  No School	Popcorn Chicken Sister Schubert Roll	Chicken and Cheese Quesadilla Mexican Rice	BBQ Nachos	Chicken Spaghetti Garlic Breadstick
	Breaded Chicken Sandwich	Spaghetti Garlic Breadstick	Breaded Chicken Sandwich	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 Mashed Potatoes	1 whole Baked Potato 1 1/4 cups Crunchy Romaine Salad	1/2 cup Whole Kernel Corn	1/2 cup Tater Tots
	1/2 cup Broccoli with Cheese	1/2 cup Green Beans	1/2 cup Glazed Baby Carrots	1 whole Baked Sweet Potato
	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 Grapes 1/2 cup Strawberry	1/2 cup Frozen Diced Strawberries
	1/2 cup Applesauce	1 whole Banana	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

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## HARDIN COUNTY MIDDLE SCHOOL MENUS

January 25 - 29, 2021

MONDAY - 25	TUESDAY - 26	WEDNESDAY - 27	THURSDAY - 28	FRIDAY - 29
Cheesy Chicken Nachos Mexican Rice	Pulled Pork Totchos Sister Schubert Roll	Ravioli Casserole Sister Schubert Roll	Oven Baked Breaded Chicken Southern Style Biscuit	Popcorn Chicken Sister Schubert Roll
Hamburger on a Bun	Breaded Chicken Sandwich	Cheeseburger on a Bun	Meatball Sub Sandwich	Chili with Beans Grilled Cheese / Crackers
PB&J Mini Tiger Paw Pak	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	1/2 cup Tater Tots	1/2 cup Infinity Fries	1/2 cup Mashed Potatoes	1/2 cup Sidewinder Potatoes
1/2 cup Blackeyed Peas	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Veggie Bites	1/2 cup Turnip Greens	1/2 cup Seasoned 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 1/8 cups Tossed Salad
1/2 cup Strawberry Applesauce	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Mixed Berries	1/2 cup Frozen Diced Strawberries
1/2 cup Orange Wedges	1/2 cup Apple Wedges	1 whole Banana	1/2 cup Sliced Peaches	1 whole Apple
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

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