

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 4, 2021	January 5, 2021	January 6, 2021	January 7, 2021	January 8, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
Traditiona, 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	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
		Eggo Waffle w/Syrup	Sausage Breakfast Pizza	Ham & Cheese Croissant
		Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts
		Mini Cinnis	Mini Cinnis	Mini Cinnis
	No Students Attend School In Person	Cereal	Cereal	Cereal
		Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar
		Cereal Bar	Cereal Bar	Cereal Bar
		Honey Bun	Chocolate Muffin	Honey Bun
		Pop-Tarts	Pop-Tarts	Pop-Tarts
		Fresh Fruit	Fresh Fruit	Fresh Fruit
		4 oz. Juice	4 oz. Juice	4 oz. Juice
		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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 1

January 4, 2021	January 5, 2021	January 6, 2021	January 7, 2021	January 8, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Popcorn Chicken	Vegetable Beef Soup w/ Saltine Crackers	Poppy Seed Chicken
		Sister Schubert Roll	Cheese Toast	Sister Schubert Roll
	No Students Attend School In Person	Soft Shell Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips
		Chicken Fajita	Pulled Pork	Taco Meat
		Cheese Sauce	Queso	Cheese Sauce
		Hamburger	Cheeseburger	Cheeseburger
		Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Meatball Sub
		Real Slice Pepperoni Pizza Wedge	Tony's Pepperoni Pizza Wedge	Fiestada Personal Pizza
		Real Slice Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza
		Infinity Fries	Tater Tots	Mashed Potato w/ Brown Gravy
		Broccoli with Cheese	Baked Beans	Lima Beans
			Coleslaw	Turnip Greens
		Tossed Salad	Tossed Salad	Tossed Salad
		Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Strawberry Applesauce	Frozen Strawberries		
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

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HARDIN COUNTY HIGH SCHOOL MENU

Salads/ Mini Tiger Paw Pack

HARDIN COUNTY HIGH SCHOOL MENU				
Salads/ Mini Tiger Paw Pack				
January 4, 2021	January 5, 2021	January 6, 2021	January 7, 2021	January 8, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick-up Take-Home Meals 10:00 - 11:00 a.m.	No Students Attend School In Person	Chef Salad	Chef Salad	Chef Salad
		Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
		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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 11, 2021	January 12, 2021	January 13, 2021	January 14, 2021	January 15, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
Eggo Blueberry Pancake w/Syrup	Egg and Cheese Omelette Croissant	Eggo Waffle w/Syrup	Sausage Breakfast Pizza	Ham & Cheese Croissant
Chocolate Donuts	Powdered Sugar	Chocolate Donuts	Powdered Sugar	Chocolate Donuts
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Cereal	Cereal	Cereal	Cereal	Cereal
Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin	Honey Bun
Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice
Choice of Milk	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

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HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 2

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Week 2				
January 11, 2021	January 12, 2021	January 13, 2021	January 14, 2021	January 15, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Baked Ziti	Chicken Spaghetti	Oven Baked Breaded Chicken	Steak and Gravy
Sister Schubert Roll	Cheesy Garlic Breadstick	Cheesy Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Tortilla Chips	Tortilla Chips	Tortilla Chips	Flour Tortilla/ Mexican Rice	2 Chicken Chili Crispos
Chicken Fajita	Taco Meat	Pulled Pork	Chicken Fajita	
Cheese Sauce	Queso	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Meatball Sub	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Grilled Chicken Sandwich
2 Pizza Max Sticks	Tony's Pepperoni Pizza Wedge	Real Slice Pepperoni Pizza Wedge	Tony's Pepperoni Pizza Wedge	Fiestada Personal Pizza
	Stuffed Crust Cheese	Real Slice Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza
Baked Potato	Ranch Potatoes	Whole Kernel Corn	Hashbrown Casserole	Mashed Potatoes
Whole Kernel Corn	Baked Sweet Potato	Green Beans	Baked Beans	Green Peas
Broccoli with Cheese			Coleslaw	
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Assorted Dressings	Assorted Dressings	Assorted Dressings	Assorted Dressings	Assorted Dressings
Grapes	Peach Slices	Grapes	Strawberry Applesauce	Frozen Peaches
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 vegetables 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

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HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

HARDIN COUNTY HIGH SCHOOL MENU				
Salad Bar Plus				
January 11, 2021	January 12, 2021	January 13, 2021	January 14, 2021	January 15, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Grilled Chicken Salad	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	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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 18, 2021	January 19, 2021	January 20, 2021	January 21, 2021	January 22, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
No School	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
Martin Luther King	Egg and Cheese Omelette Croissant	Eggo Waffle w/Syrup	Sausage Breakfast Pizza	Ham & Cheese Croissant
Birthday	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts	Chocolate 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
	Chocolate Muffin	Honey Bun	Chocolate Muffin	Honey Bun
	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	4 oz. Juice	4 oz. Juice	4 oz. 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

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HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 3

January 18, 2021	January 19, 2021	January 20, 2021	January 21, 2021	January 22, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School Martin Luther King Birthday	Country Style Chicken w/ Peppered White Gravy	Pulled Pork Totchos	Ravioli Casserole	Pizza Casserole
	Southern Style Biscuit	Sister Schubert Roll	Sister Schubert Roll	Cheesy Garlic Breadstick
	Tortilla Chips	Tortilla Chips	Soft Shell Tortilla/ Mexican Rice	2 Chicken Chili Crisпитos
	Taco Meat	Pulled Pork	Chicken Fajita	
	Queso	Cheese Sauce	Queso	Cheese Sauce
	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
	Breaded Chicken Sandwich	Meatball Sub	Pulled Pork Barbecue Sandwich	Grilled Chicken Sandwich
	Tony's Pepperoni Pizza Wedge	Real Slice Pepperoni Pizza Wedge	Tony's Pepperoni Pizza Wedge	Fiestada Personal Pizza
	Stuffed Crust Cheese	Real Slice Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza
	Green Beans	Tater Tots	Baked Beans	Seasoned Wedge Fries
	Mashed Potatoes	Blackeyed Peas	Coleslaw	Broccoli w/ Cheese
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Peaches	Grapes	Strawberry Applesauce	Frozen Mixed Berry Cup
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

January 18, 2021	January 19, 2021	January 20, 2021	January 21, 2021	January 22, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Martin Luther King	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad
Birthday	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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 25, 2021	January 26, 2021	January 27, 2021	January 28, 2021	January 29, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
Eggo Blueberry Pancake w/Syrup	Egg and Cheese Omelette Croissant	Eggo Waffle w/Syrup	Sausage Breakfast Pizza	Ham & Cheese Croissant
Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts	Powdered Sugar Donuts	Chocolate Donuts
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Cereal	Cereal	Cereal	Cereal	Cereal
Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar	Nutri Grain Bar
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
Honey Bun	Chocolate Muffin	Honey Bun	Chocolate Muffin	Honey Bun
Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice
Choice of Milk	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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 4

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Week 4				
January 25, 2021	January 26, 2021	January 27, 2021	January 28, 2021	January 29, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Tenders	Lasagna	Mini Meatloaf	Oven Baked Breaded Chicken	Steak and Gravy
Sister Schubert Roll	Cheesy Garlic Breadstick	Sister Schubert Roll	Southern Style Biscuit	Sister Schubert Roll
Tortilla Chips / Mexican Rice	Tortilla Chips	Tortilla Chips	Flour Tortilla/ Mexican Rice	Tortilla Chips
Chicken Fajita	Taco Meat	Pulled Pork	Chicken Fajita	Taco Meat
Cheese Sauce	Queso	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Meatball Sub	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Grilled Chicken Sandwich
2 Pizza Max Sticks	Tony's Pepperoni Pizza Wedge	Real Slice Pepperoni Pizza Wedge	Tony's Pepperoni Pizza Wedge	Fiestada Personal Pizza
	Stuffed Crust Cheese	Real Slice Cheese Pizza Wedge	Stuffed Crust Cheese Pizza	Garlic French Bread Pizza
Seasoned Straight Cut Fries	Baked Potato	Ranch Potatoes	Hashbrown Casserole	Mashed Potatoes
Whole Kernel Corn	Baked Sweet Potato	Blackeyed Peas	Baked Beans	Green Peas
Broccoli with Cheese			Coleslaw	
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Grapes	Strawberry Applesauce	Frozen Peaches
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 vegetables 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

HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

HARDIN COUNTY HIGH SCHOOL MENU				
Salad Bar Plus				
January 25, 2021	January 26, 2021	January 27, 2021	January 28, 2021	January 29, 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Grilled Chicken Salad	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	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

This institution is an equal opportunity provider