

HARDIN COUNTY MIDDLE SCHOOL MENU

Breakfast

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
Egg and Cheese on a Biscuit	Mini Powdered Sugar Donuts	Pancake Dippers	Breakfast Flatbread	Egg and Cheese on a Biscuit
Sausage Breakfast Pizza	Cereal Bar or Nutrigrain Bar	Mini Bagels	Cinnamon Roll	Sausage Breakfast Pizza
Cocoa Puffs Soft Filled Bar	Mini Cinnis	Cinnamon Toast Crunch Soft Filled Bar	Chocolate Chocolate Chip Muffin	Pop-Tarts (2)
Fruit	Fruit	Fruit	Fruit	Fruit
4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

Daily Servings:

- 1 oz. equivalent Grains/Breads daily (minimum 8 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% white milk
- 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider.