

HARDIN COUNTY MIDDLE SCHOOL MENUS

September 6 - 10, 2021

MONDAY - 6	TUESDAY - 7	WEDNESDAY - 8	THURSDAY - 9	FRIDAY - 10
LABOR DAY No School	Popcorn Chicken Sister Schubert Roll	Chicken and Cheese Quesadilla Mexican Rice	Beef Taco on a Soft Shelled Tortilla Cheese, Lettuce & Tomato	Cheesy Chicken Nachos Mexican Rice
	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	1/2 cup Whole Kernel Corn	1/2 cup Whole Kernel Corn
	1/2 cup Broccoli with Cheese	1/2 cup Seasoned Green Beans	1/2 cup Glazed Baby Carrots	1/2 cup Pinto 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 Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Orange Wedges 1/2 cup Frozen	1/2 cup Strawberry Applesauce
	1 Whole Apple	1 whole Banana	Diced Strawberries	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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

September 13 - 17, 2021

MONDAY - 13	TUESDAY - 14	WEDNESDAY - 15	THURSDAY - 16	FRIDAY - 17
STAFF DEVELOPMENT No School for Students	Stuffed Crust Cheese or Pepperoni Pizza	Poppy Seed Chicken Sister Schubert Roll	Queso Nachos Mexican Rice	Breaded Steak and Gravy Sister Schubert Roll
	Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa	Breaded Chicken Sandwich	Cheeseburger on a Bun	Breaded Chicken 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 Seasoned Potato Wedges	1/2 cup Blackeyed Peas	1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy
	1/2 cup Seasoned Green Beans	1/2 cup Whole Kernel Corn	1/2 cup Glazed Baby Carrots	1/2 cup Green Peas 1/2 cup Grape Tomatoes
	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 whole Apple	1/2 cup Strawberries and Bananas	1/2 cup Orange Wedges	1/2 cup Strawberry Applesauce
	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Peaches	1/2 cup Grapes
	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

September 20 - 24, 2021

MONDAY - 20	TUESDAY - 21	WEDNESDAY - 22	THURSDAY - 23	FRIDAY - 24
Country Style Chicken with Gravy Southern Style Biscuit	Stuffed Crust Cheese or Pepperoni Pizza	Oven Baked Breaded Chicken Southern Style Biscuit	Pizza Casserole Garlic Bread Stick	Popcorn Chicken Sister Schubert Roll
Cheeseburger on a Bun	Breaded Chicken Sandwich	Cheeseburger on a Bun	Breaded Chicken Sandwich	Meatball Sub 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	PB&J Mini Tiger Paw Pak
1/2 cup Mashed Potatoes	1/2 cup Tater Tots	1/2 cup Mashed Potatoes	1/2 cup Infinity Fries	1/2 cup Seasoned Curly Fries
1/2 cup Blackeyed Peas	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Baby Carrots	1/2 cup Crunchy Veggie Bites	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 Whole Apple	1/2 cup Frozen Diced Strawberries
1/2 cup Orange Wedges	1 Whole Apple	1 whole Banana	1/2 cup Sliced Peaches	1/2 cup Applesauce
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

September 27 - October 1, 2021

MONDAY - 27	TUESDAY - 28	WEDNESDAY - 29	THURSDAY - 30	FRIDAY - October 1
Fish Strips - Mac n' Cheese Sweet Corn Hushpuppies	BBQ Nachos	Baked Ziti Garlic Breadstick	Taco Salad	Stuffed Crust Cheese Pizza or Tony's Pepperoni Pizza Wedge
Cheeseburger on a Bun	Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich	Meatball Sub 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	PB&J Mini Tiger Paw Pak
1/2 cup Infinity Fries	1/2 cup Tater Tots	1 whole Baked Potato	1/2 cup Grape Tomatoes	1/2 cup Crunchy Veggie Bites
1/2 cup Creamy Coleslaw	1/2 cup Glazed Baby Carrots	1 1/4 cups Crunchy Romaine Salad	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Potatoes
1/2 cup Pinto 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 Whole Apple	1/2 cup Strawberry Applesauce
1 whole Apple	1/2 cup Orange Wedges	1 whole Banana	1/2 cup Grapes	1/2 cup Sliced 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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