

HARDIN COUNTY MIDDLE SCHOOL MENUS

November 1 - 5, 2021

MONDAY - 1	TUESDAY - 2	WEDNESDAY - 3	THURSDAY - 4	FRIDAY - 5
Country Style Chicken with Gravy Southern Style Biscuit	Stuffed Crust Cheese or Pepperoni Pizza	Oven Baked Breaded Chicken Southern Style Biscuit	Ravioli Casserole Garlic Bread Stick	Popcorn Chicken Sister Schubert Roll
Cheeseburger on a Bun	Chicken Spaghetti Garlic Bread Stick	Cheeseburger on a Bun	Stuffed Crust Cheese Pizza or Fiestada Pizza	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	1/2 cup Sliced Peaches	1/2 cup Frozen Fruit Cup
1/2 cup Orange Wedges	1 whole Apple	1 whole Banana	1/2 cup Grapes	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
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

November 8 - 12, 2021

MONDAY - 8	TUESDAY - 9	WEDNESDAY - 10	THURSDAY - 11	FRIDAY - 12
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	Nardone Bros. Meat Lovers Personal Pizza	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	1/2 cup Frozen Fruit Cup	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
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY MIDDLE SCHOOL MENUS

November 15 - 19, 2021

MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19
Beefy Doritos Taco	Pizza Max Sticks	Turkey and Dressing w/ Roll Cranberry Sauce	Vegetable Beef Soup Cheese Toast / Saltine Crackers	Chicken Tenders Sister Schubert Roll
Cheeseburger on a Bun	Breaded Chicken Sandwich	Cheeseburger on a Bun	Stuffed Crust Cheese or Pepperoni Pizza	Hot Dog 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
1/2 cup Whole Kernel Corn	1/2 cup Seasoned Curly Fries	1/2 cup Sweet Potato Casserole	1/2 cup Tater Tots	1/2 cup Infinity Fries
1/2 cup Pinto Beans	1/2 cup Glazed Baby Carrots	1/2 cup Seasoned Green Beans	1/2 cup Crunchy Veggie Bites	1/2 cup Broccoli with Cheese
1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1/2 cup Coleslaw 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 Frozen Fruit Cup	1/2 cup Strawberry Applesauce
1/2 cup Orange Wedges	1 whole Apple	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
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY MIDDLE SCHOOL MENUS

October 25 - 29, 2021

MONDAY - 25	TUESDAY - 26	WEDNESDAY - 27	THURSDAY - 28	FRIDAY - 29
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
Mini Meatloaf Sister Schubert Roll	Cheeseburger on a Bun	Pizza Casserole 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	PB&J Mini Tiger Paw Pak
1/2 cup Mashed Potatoes with Gravy	1/2 cup Blackeyed Peas	1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy	1/2 cup Seasoned Wedge Potatoes
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	1/2 cup Crunchy Veggie Bites
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 whole Apple	1/2 cup Strawberries and Bananas	1/2 cup Frozen Fruit Cup	1/2 cup Strawberry Applesauce
1/2 cup Orange Wedges	1/2 cup Fruit with Jello	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
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY MIDDLE SCHOOL MENUS

November 29 - December 3, 2021

MONDAY - November 29	TUESDAY - November 30	WEDNESDAY - 1	THURSDAY - 2	FRIDAY - 3
Cheesy Chicken Nachos Mexican Rice	Popcorn Chicken Sister Schubert Roll	Chicken and Cheese Quesadilla Mexican Rice	Beef Taco on a Soft Shelled Tortilla Cheese, Lettuce & Tomato	Chili with Beans Cheese Toast / Crackers
Cheeseburger on a Bun	Meatball Sub 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	PB&J Mini Tiger Paw Pak
1/2 cup Whole Kernel Corn	1/2 cup Mashed Potatoes	1 whole Baked Potato	1/2 cup Whole Kernel Corn	1/2 cup Tater Tots
1/2 cup Pinto Beans	1/2 cup Broccoli with Cheese	1/2 cup Seasoned Green Beans	1/2 cup Glazed Baby Carrots	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 Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Grapes	1/2 cup Strawberry Applesauce
1/2 cup Orange Wedges	1 whole Apple	1 whole Banana	1/2 cup Frozen Fruit Cup	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
 1/2 pint fat free 0% strawberry milk

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