

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 1

Entrée Bar- Week 1				
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Steak and Gravy	Chili with Saltine Crackers	Country Style Chicken with Peppered White Gravy	Poppy Seed Chicken
	Sister Schubert Roll	Cheese Toast	Southern Style Biscuit	Sister Schubert Roll
	Tortilla Chips	Tortilla Chips	Tortilla Chips	Taquitos
	Taco Meat	Pulled Pork BBQ	Chicken Nachos	
	Queso	Cheese Sauce	Queso	Cheese Sauce
	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
	Corndog	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Meatball Sub
	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
	Mashed Potatoes with Brown Gravy	Seasoned Potato Wedges	Ranch Potatoes	Mashed Potato with Brown Gravy
	Green Peas	Whole Kernel Corn	Baked Beans	Green Peas
			Coleslaw	
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	Grapes
Baby Carrots, Grape Tomatoes, Apples, Raisels, Oranges, Sidekicks, Frozen Fruit Cup 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% white milk
 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salads/ Mini Tiger Paw Pack

January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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

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
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Breakfast Flatbread
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Cereal	Cereal	Cereal	Cereal
	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
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 2

Entrée Bar- Week 2				
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tenders	Spaghetti with Meatsauce	Soup with Saltine Crackers	Oven Baked Breaded Chicken	Pulled Pork Totchos
Sister Schubert Roll	Garlic Breadstick	Cheese Toast	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Taco Meat
Cheese Sauce	Queso	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Corndog	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
Pizza Max Stix with Marinara	Stuffed Crust Pepperoni Pizza	Tony's Pepperoni Pizza	Stuffed Crust Pepperoni Pizza	Meat Lovers Personal Pizza
	Stuffed Crust Cheese	4X6 Cheese Pizza	Stuffed Crust Cheese	4X6 Cheese Pizza
Infinity Fries	Baked Potato	Seasoned Potato Wedges	Hashbrown Casserole	Tater Tots
Broccoli with Cheese	Baked Sweet Potato	Whole Kernel Corn	Baked Beans	Broccoli with Cheese
	Green Beans		Coleslaw	
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	Grapes

Baby Carrots, Grape Tomatoes, Apples, Raisels, Oranges, Sidekicks, Frozen Fruit Cup 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
 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

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
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
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
Breakfast Bites	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Breakfast Flatbread
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Cereal	Cereal	Cereal	Cereal	Cereal
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
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 3

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Week 3				
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pizza Casserole	Mini Meatloaf	Country Style Chicken with Pepered White Gravy	Poppyseed Chicken
	Cheesy Garlic Breadstick	Sister Schubert Roll	Southern Style Biscuit	Sister Schubert Roll
	Tortilla Chips	Tortilla Chips	Tortilla Chips	Taquitos
	Taco Meat	Pulled Pork BBQ	Chicken Nachos	
	Queso	Cheese Sauce	Queso	Cheese Sauce
	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
	Corndog	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot dog
	Stuffed Crust Pepperoni Pizza	Tony's Pepperoni Pizza Wedge	Stuffed Crust Pepperoni Pizza	Fiestada Personal Pizza
	Stuffed Crust Cheese	4X6 Cheese Pizza	Stuffed Crust Cheese	4X6 Cheese Pizza
	Baked Sweet Potato			
	Baked Potato	Ranch Potatoes	Seasoned Wedge Fries	Mashed Potatoes with Brown Gravy
	Green Beans	Blackeyed Peas	Baked Beans	Whole Kernel Corn
	Tossed Salad	Tossed Salad	Tossed Salad/ Coleslaw	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	Grapes
Baby Carrots, Grape Tomatoes, Apples, Raisels, Oranges, Sidekicks, Frozen Fruit Cup 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
 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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

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
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Breakfast Flatbread
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Cereal	Cereal	Cereal	Cereal
	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
- 1/2 pint fat free 0% strawberry milk

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HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 4

Entrée Bar- Week 4				
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tenders	Spaghetti with Meatsauce	Fish Scroodles	Oven Baked Breaded Chicken	Steak and Gravy
Sister Schubert Roll	Cheesy Garlic Breadstick	Hushpuppies	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Taco Meat	Chicken Nachos
Cheese Sauce	Queso	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot dog
Pizza Max Stix with Marinara	Stuffed Crust Pepperoni Pizza	Tony's Pepperoni Pizza Wedge	Stuffed Crust Pepperoni Pizza	Fiestada Personal Pizza
	Stuffed Crust Cheese	4X6 Cheese Pizza	Stuffed Crust Cheese	4X6 Cheese Pizza
Infinity Fries	Baked Potato	Seasoned Curly Fries	Hashbrown Casserole	Mashed Potatoes w/Brown Gravy
Broccoli with Cheese	Baked Sweet Potato	White Beans	Baked Beans	Green Peas
	Green Beans	Coleslaw	Coleslaw	
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	Grapes
Baby Carrots, Grape Tomatoes, Apples, Raisels, Oranges, Sidekicks, Frozen Fruit Cup 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)

Milk Choices:

4 oz. 100% Fruit Juice and
 1/2 cup 100% Frozen Fruit Juice
 Sidekick
 offered everyday as a fruit choice

1/2 pint lowfat 1% 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 HIGH SCHOOL MENU

Salad Bar Plus

January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

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% 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 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
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
Breakfast Bites	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Breakfast Flatbread
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Cereal	Cereal	Cereal	Cereal	Cereal
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
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider