

HARDIN COUNTY MIDDLE SCHOOL MENUS

January 3-7, 2022

MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
No School	Fish Strips - Mac n' Cheese Sweet Corn Hushpuppies	BBQ Nachos	Taco Salad	Cheese Pizza or Pepperoni Pizza
	Cheeseburger on a Bun	Nardone Bros. Meat Lovers Personal Pizza	Breaded Chicken Sandwich	Grilled 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 Infinity Fries	1/2 cup Tater Tots	1/2 cup Grape Tomatoes	1/2 cup Crunchy Veggie Bites
	1/2 cup Creamy Coleslaw	1/2 cup Glazed Baby Carrots	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
	1/2 cup Strawberry Applesauce	1/2 cup Fruit with Jello	1/2 cup Frozen Fruit Cup	1/2 cup Strawberry Applesauce
	1 whole Apple	1/2 cup Orange Wedges	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

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

January 10-14, 2022

MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
Beefy Doritos Taco	Oven Baked Breaded Chicken Southern Style Biscuit	Spaghetti with Meat Sauce Garlic Breadstick	Vegetable Beef Soup Cheese Toast / Saltine Crackers	Chicken Tenders Sister Schubert Roll
Cheeseburger on a Bun	Pizza Max Sticks	Grilled Chicken Sandwich	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 Mashed Potatoes with Gravy	1/2 cup Baked Potato	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 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

January 17-21, 2022

MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
Martin Luther King Holiday No School	Cheesy Chicken Nachos Mexican Rice	Popcorn Chicken Sister Schubert Roll	Beef Taco on a Soft Shelled Tortilla Cheese, Lettuce & Tomato	Chili with Beans Cheese Toast / Crackers
	Cheeseburger on a Bun	Breaded Steak Sandwich	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 Whole Kernel Corn	1/2 cup Mashed Potatoes	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 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
	1/2 cup Strawberry Applesauce	1/2 cup Fruit with Jello	1/2 cup Grapes 1/2 cup Frozen Fruit Cup	1/2 cup Strawberry Applesauce 1/2 cup Sliced Peaches
	1/2 cup Orange Wedges	1 whole Apple	1/2 pint Milk	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

January 24-28, 2022

MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28
Cheese or Pepperoni Pizza	Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa	Queso Nachos Mexican Rice	Breaded Steak and Gravy Sister Schubert Roll	Poppy Seed Chicken Sister Schubert Roll
Mini Meatloaf Sister Schubert Roll	Pulled Pork Barbecue 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 Seasoned Wedge Potatoes	1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy	1/2 cup Blackeyed Peas
1/2 cup Seasoned Green Beans	1/2 cup Baked Beans 1/2 cup Creamy Coleslaw	1/2 cup Glazed Baby Carrots	1/2 cup Green Peas 1/2 cup Grape Tomatoes	1/2 cup Whole Kernel Corn
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

January 31 - February 4, 2022

MONDAY - 31	TUESDAY - February 1	WEDNESDAY - February 2	THURSDAY - February 3	FRIDAY - February 4
Country Style Chicken with Gravy Southern Style Biscuit	Cheese or Pepperoni Pizza	Oven Baked Breaded Chicken Southern Style Biscuit	Vegetable Beef Soup Cheese Toast / Saltine Crackers	Popcorn Chicken Sister Schubert Roll
Cheeseburger on a Bun	Chicken Spaghetti Garlic Bread Stick	Cheeseburger on a Bun	Pizza Max Sticks	Manager's Choice
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 Infinity Fries	1/2 cup Mashed Potatoes	1/2 cup Tater Tots	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

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