

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 2

HARDIN COUNTY HIGH SCHOOL MENU				
Entrée Bar- Week 2				
May 9, 2022	May 10, 2022	May 11, 2022	May 12, 2022	May 13, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tenders	Spaghetti with Meatsauce	Popcorn Chicken	Oven Baked Breaded Chicken	Poppyseed Chicken
Sister Schubert Roll	Garlic Breadstick	Sister Schubert Roll	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	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries	Baked Potato	Seasoned Potato Wedges	Hashbrown Casserole	Mashed Potatoes with Brown Gravy
Broccoli w/Cheese	Baked Sweet Potato	Whole Kernel Corn	Baked Beans	Green Peas
	Green Beans	Sweet Potato Casserole	Coleslaw	
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Strawberry Applesauce	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	Pears
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

This institution is an equal opportunity provider

HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

May 9, 2022	May 10, 2022	May 11, 2022	May 12, 2022	May 13, 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

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HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

Breakfast				
May 9, 2022	May 10, 2022	May 11, 2022	May 12, 2022	May 13, 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

May 16, 2022	May 17, 2022	May 18, 2022	May 19, 2022	May 20, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Managers Choice	Managers Choice	Managers Choice	Managers Choice
Sister Schubert Roll				
Soft Shell Tortilla/ Mexican Rice				
Chicken Fajita				
Cheese Sauce				
Hamburger				
Breaded Chicken Sandwich				
Pizza Max Stix with Marinara				
Infinity Fries				
Broccoli with Cheese				
Tossed Salad				
Assorted Dressing				
Strawberry Applesauce				
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

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HARDIN COUNTY HIGH SCHOOL MENU

Salad Bar Plus

HARDIN COUNTY HIGH SCHOOL MENU				
Salad Bar Plus				
May 16, 2022	May 17, 2022	May 18, 2022	May 19, 2022	May 20, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Chicken Salad				
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

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Breakfast

Breakfast				
May 16, 2022	May 17, 2022	May 18, 2022	May 19, 2022	May 20, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit		
Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit		
Breakfast Bites				
Mini Cinnis				
Cereal	Cereal	Cereal	Cereal	Cereal
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
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:

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