

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 1

August 1, 2022	August 2, 2022	August 3, 2022	August 4, 2022	August 5, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Chicken Tenders	Pizza Casserole	Country Style Chicken with Pepered White Gravy	Chicken Casserole
Sister Schubert Roll	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Soft Shell Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
Chicken Fajita	Pulled Pork BBQ	Taco Meat	Chicken Nachos	Taco Meat
Queso	Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Cheeseburger	Hamburger	Cheeseburger
Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
Pizza Max Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries	Seasoned Potato Wedges	Baked Potato	Ranch Potatoes	Mashed Potatoes with Brown Gravy
Broccoli with Cheese	Whole Kernel Corn	Baked Sweet Potato	Baked Beans	Green Peas
		Seasoned Green Beans	Coleslaw	
		Tossed Salad	Tossed Salad	Tossed Salad
		Assorted Dressing	Assorted Dressing	Assorted Dressing
Pears	Peach Slices	Mixed Fruit with Jello	Fresh Strawberries	Fresh Melon
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

August 1, 2022	August 2, 2022	August 3, 2022	August 4, 2022	August 5, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		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

August 1, 2022	August 2, 2022	August 3, 2022	August 4, 2022	August 5, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles
Cinnamon Toast Crunch Pastry	Lemon Bread Slice	Cocoa Puff Pastry	Cinnamon Toast Crunch Pastry	Cocoa Puff Pastry
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 Bananas 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

August 8, 2022	August 9, 2022	August 10, 2022	August 11, 2022	August 12, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Ravioli Casserole	Spaghetti with Meat Sauce	Oven Baked Breaded Chicken	Pulled Pork Totchos
Sister Schubert Roll	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Taquitos
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Chicken Nachos	
Queso	Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Cheeseburger	Hamburger	Cheeseburger
Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Chicken Ranch Wrap
Pizza Max Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries	Whole Kernel Corn	Baked Potato	Hashbrown Casserole	Tater Tots
Broccoli with Cheese	Blackeyed Peas	Baked Sweet Potato	Baked Beans	Whole Kernel Corn
		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	Fresh Melon

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:

- 1/2 pint lowfat 1% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Salad Bar Plus

August 8, 2022	August 9, 2022	August 10, 2022	August 11, 2022	August 12, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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

August 8, 2022	August 9, 2022	August 10, 2022	August 11, 2022	August 12, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles
Cinnamon Toast Crunch Pastry	Lemon Bread Slice	Cocoa Puff Pastry	Cinnamon Toast Crunch Pastry	Cocoa Puff Pastry
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 Bananas 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

August 15, 2022	August 16, 2022	August 17, 2022	August 18, 2022	August 19, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Mini Meatloaf	Pizza Casserole	Country Style Chicken with Peppered White Gravy	Chicken Casserole
Sister Schubert Roll	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Soft Shell Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
Chicken Fajita	Pulled Pork BBQ	Taco Meat	Chicken Nachos	Taco Meat
Queso	Cheese Sauce	Queso	Queso	Cheese Sauce
Hamburger	Cheeseburger	Cheeseburger	Hamburger	Cheeseburger
Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
Pizza Max Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
		Baked Sweet Potato		
Infinity Fries	Ranch Potatoes	Baked Potato	Seasoned Wedge Fries	Mashed Potatoes with Brown Gravy
Broccoli with Cheese	Blackeyed Peas	Green Beans	Baked Beans	Whole Kernel Corn
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad/ Coleslaw	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Mixed Fruit with Jello	Fresh Strawberries	Fresh Melon
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

August 15, 2022	August 16, 2022	August 17, 2022	August 18, 2022	August 19, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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

August 15, 2022	August 16, 2022	August 17, 2022	August 18, 2022	August 19, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles
Cinnamon Toast Crunch Pastry	Lemon Bread Slice	Cocoa Puff Pastry	Cinnamon Toast Crunch Pastry	Cocoa Puff Pastry
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 Bananas 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

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 4

August 22, 2022	August 23, 2022	August 24, 2022	August 25, 2022	August 26, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Fish Strips	Spaghetti with Meatsauce	Chicken Tenders	Steak and Gravy
Sister Schubert Roll	Hushpuppies	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Taquitos
Chicken Fajita	Pulled Pork BBQ	Taco Meat	Chicken Nachos	
Queso	Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce
Hamburger	Cheeseburger	Cheeseburger	Hamburger	Cheeseburger
Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Chicken Ranch Wrap
Pizza Max Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries	Seasoned Curly Fries	Baked Potato	Hashbrown Casserole	Mashed Potatoes with Brown Gravy
Broccoli with Cheese	White Beans	Baked Sweet Potato	Baked Beans	Green Peas
	Coleslaw	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	Pear Slices	Fresh Melon
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

August 22, 2022	August 23, 2022	August 24, 2022	August 25, 2022	August 26, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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

August 22, 2022	August 23, 2022	August 24, 2022	August 25, 2022	August 26, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles	Chocolate Crescent	Mini Pancakes or Waffles
Cinnamon Toast Crunch Pastry	Lemon Bread Slice	Cocoa Puff Pastry	Cinnamon Toast Crunch Pastry	Cocoa Puff Pastry
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 Bananas 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