

## HARDIN COUNTY MIDDLE SCHOOL MENU

### Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
Chocolate Crescent	Sausage and Biscuit	Chocolate Crescent	Sausage and Biscuit	Chocolate Crescent
Mini Pancakes or Waffles	Glazed Donut	MiniBagels	Mini Pancakes or Waffles	Glazed Donut
Sausage Breakfast Pizza	Sausage Breakfast Pizza	Pancake Dippers	Breakfast Flatbread	Sausage Breakfast Pizza
Cinnamon Toast Crunch Soft Filled Bar	Blueberry Muffin	Cinnamon Toast Crunch Soft Filled Bar	Cinnamon Roll	Funnel Cake Waffle
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
Chocolate Chip Muffin	Nutrigrain Bar	Chocolate Chip Muffin	Nutrigrain Bar	Chocolate Chip Muffin
Cereal	Cereal	Cereal	Cereal	Cereal
Pop-Tarts (2)	Pop-Tarts (2)	Pop-Tarts (2)	Pop-Tarts (2)	Pop-Tarts (2)
Fruit	Fruit	Fruit	Fruit	Fruit
4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.

Daily Servings:

- 1 oz. equivalent Grains/Breads daily (minimum 8 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% white milk
- 1/2 pint fat free 0% chocolate milk

This institution is an equal opportunity provider.