

HARDIN COUNTY MIDDLE SCHOOL MENUS

August 1-5, 2022

MONDAY - 1	TUESDAY - 2	WEDNESDAY - 3	THURSDAY - 4	FRIDAY - 5
Cheesy Chicken Nachos Mexican Rice	Popcorn Chicken Sister Schubert Roll	Chicken Tenders Sister Schubert Roll	Beef Taco on a Soft Shelled Tortilla Cheese, Lettuce & Tomato	Stuffed Crust Cheese or Pepperoni Pizza
Cheeseburger on a Bun	Breaded Chicken Sandwich	Spaghetti 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 Whole Kernel Corn	1/2 cup Mashed Potatoes	1 whole Baked Potato	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 Seasoned Green Beans	1/2 cup Glazed Baby Carrots	1/2 cup Candied Sweet Potato Rounds
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 Frozen Diced Peaches	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Fresh Melon 1/2 cup Frozen Strawberries	1/2 cup Strawberry Applesauce 1/2 cup Sliced Peaches
1/2 cup Orange Wedges	1 whole Apple	1 whole Banana	1/2 pint Milk	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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

August 8 - 12, 2022

MONDAY - 8	TUESDAY - 9	WEDNESDAY - 10	THURSDAY - 11	FRIDAY - 12
Breaded Steak and Gravy Sister Schubert Roll	Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa	Queso Nachos Mexican Rice	Cheese or Pepperoni Pizza	Poppy Seed Chicken Sister Schubert Roll
Breaded Chicken Sandwich	Pulled Pork Barbecue on a Bun	Pizza Casserole Garlic Breadstick	Mini Meatloaf Sister Schubert Roll	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 Green Peas	1/2 cup Baked Beans	1/2 cup Glazed Baby Carrots	1/2 cup Seasoned Green Beans	1/2 cup Whole Kernel Corn
1/2 cup Grape Tomatoes	1/2 cup Creamy Coleslaw	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 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad	1 1/8 cups Tossed Salad
1/2 cup Frozen Diced Peaches	1 whole Apple	1/2 cup Strawberries and Bananas	1/2 cup Fresh Melon	1/2 cup Strawberry Applesauce
1/2 cup Orange Wedges	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Sliced Pears	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

Aug. 15-19, 2022

MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19
Country Style Chicken with Gravy Southern Style Biscuit	Pulled Pork Totchos Sister Schubert Roll	Ravioli Casserole Sister Schubert Roll	Oven Baked Breaded Chicken Southern Style Biscuit	Popcorn Chicken Sister Schubert Roll
Cheeseburger on a Bun	Breaded Chicken Sandwich	Cheeseburger on a Bun	Breaded Chicken Sandwich	Cheesy Southwest Pull-Aparts
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 Tater Tots	1/2 cup Infinity Fries	1/2 cup Mashed Potatoes	1/2 cup Seasoned Curly Fries
1/2 cup Blackeyed Peas	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Veggie Bites	1/2 cup Crunchy Baby Carrots	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 Frozen Diced Peaches	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Fresh Melon	1/2 cup Frozen Diced Strawberries
1/2 cup Orange Wedges	1 whole Apple	1 whole Banana	1/2 cup Sliced Peaches	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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HARDIN COUNTY MIDDLE SCHOOL MENUS

Aug. 22-26, 2022

MONDAY - 22	TUESDAY - 23	WEDNESDAY - 24	THURSDAY - 25	FRIDAY - 26
Beefy Doritos Taco	Pizza Max Sticks	Spaghetti with Meat Sauce Garlic Breadstick	Chicken Chili Crispito with Queso and Mexican Rice	Chicken Tenders Sister Schubert Roll
Cheeseburger on a Bun	Breaded Chicken Sandwich	Hot Dog on a Bun	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 Whole Kernel Corn	1/2 cup Tater Tots	1/2 cup Baked Potato	1/2 cup Seasoned Curly Fries	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 Broccoli with Cheese	1/2 cup Crunchy Veggie Bites
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 Frozen Diced Peaches	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Frozen Diced Strawberries	1/2 cup Strawberry Applesauce
1/2 cup Orange Wedges	1 whole Apple	1 whole Banana	1/2 cup Fresh Melon	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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