



Fall is Here!

HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU September 2022

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

Monday – August 29	Tuesday – August 30	Wednesday – August 31	Thursday - 1	Friday - 2
Eggo Mini French Toast Bites Cereal	Chocolate Crescent Cereal	Blueberry Muffin Cereal	Glazed Donut Cereal	Chicken Biscuit Cereal
Monday - 5	Tuesday - 6	Wednesday - 7	Thursday - 8	Friday - 9
Labor Day	Pop-Tart Cereal	Breakfast Sausage Pizza Cereal	Egg and Cheese Biscuit Cereal	Cinnamon Roll Cereal
Monday - 12	Tuesday - 13	Wednesday - 14	Thursday - 15	Friday - 16
Staff Development	Cinnamon Glazed French Toast Sticks Cereal	Sausage Biscuit Cereal	Mini Honeybun Popcorn Chicken Cereal	Funnel Cake Waffle Cereal
Monday - 19	Tuesday - 20	Wednesday - 21	Thursday - 22	Friday - 23
Biscuit Gravy Cereal	Bacon, Egg, and Cheese on a Croissant Cereal	Cinnamon Toast Crunch Soft Filled Bar Cereal	Breakfast Flatbread Cereal	Lemon Bread Slice Cereal
Monday - 26	Tuesday - 27	Wednesday - 28	Thursday – 29	Friday – 30
Mini Bagels Cereal	Nutrigrain Bar or Chocolate Chip Mini Loaf Cereal	Eggo Mini Confetti Pancakes Cereal	Cocoa Puffs Soft Filled Bar Cereal	Biscuit Scrambled Egg Cereal

Breakfast Meal Pattern

1 oz. equivalent Grains/Breads daily (minimum 7 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 weekly)
 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.