

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar				
August 29, 2022	August 30, 2022	August 31, 2022	September 1, 2022	September 2, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Vegetable Beef Soup with Saltine Crackers	Pizza Casserole	Country Style Chicken with Peppered White Gravy	Chicken Casserole
Sister Schubert Roll	Cheese Toast	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	Tossed Salad	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Mixed Fruit with Jello	Fresh Strawberries	Fresh Melon
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

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

Breakfast

August 29, 2022	August 30, 2022	August 31, 2022	September 1, 2022	September 2, 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
Breakfast Bites	Egg and Cheese	Cinnamon Glazed	Sausage Breakfast	Cinnamon Roll
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Mini Pancakes or Cinnamon Toast	Chocolate Crescent Cinnamon Roll	Mini Pancakes or Cinnamon Roll	Chocolate Crescent Cinnamon Toast	Mini Pancakes or Cinnamon Toast
Cereal	Cereal	Cereal	Cereal	Cereal
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
Chocolate Muffin	Chocolate Muffin	Chocolate Muffin	Chocolate Muffin	Chocolate Muffin
Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
Fruit	Fruit	Fruit	Fruit	Fruit
4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit Juice	4 oz. Fruit 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 1

September 5, 2022	September 6, 2022	September 7, 2022	September 8, 2022	September 9, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	Ravioli Casserole	Spaghetti with Meat Sauce	Oven Baked Breaded Chicken	Pulled Pork Totchos
LABOR DAY	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Taco Meat
	Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce
	Cheeseburger	Cheeseburger	Hamburger	Cheeseburger
	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Chicken Ranch Wrap
	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
	Whole Kernel Corn	Baked Potato	Hashbrown Casserole	Tater Tots
	Blackeyed Peas	Baked Sweet Potato	Baked Beans	Whole Kernel Corn
		Green Beans	Coleslaw	
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Peach Slices	Mixed Fruit w/Jello	Strawberry Applesauce	Fresh Melon
	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

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

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HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

September 5, 2022	September 6, 2022	September 7, 2022	September 8, 2022	September 9, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Cinnamon Roll
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
		Mini Pancakes or Waffles		Mini Pancakes or Waffles
	Cinnamon Roll	Cinnamon Roll	Cinnamon Toast Crunch Pastry	Cinnamon Toast Crunch Pastry
	Cereal	Cereal	Cereal	Cereal
	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Chocolate Muffin	Honey Bun	Chocolate Muffin	Honey Bun
	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice
	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

September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	Mini Meatloaf	Pizza Casserole	Country Style Chicken with Pepered White Gravy	Chicken Casserole
STAFF DEVELOPMENT	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
	Pulled Pork BBQ	Taco Meat	Chicken Nachos	Taco Meat
	Cheese Sauce	Queso	Queso	Cheese Sauce
	Cheeseburger	Cheeseburger	Hamburger	Cheeseburger
	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Hot Dog
	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
		Baked Sweet Potato		
	Ranch Potatoes	Baked Potato	Seasoned Wedge Fries	Mashed Potatoes with Brown Gravy
	Blackeyed Peas	Green Beans	Baked Beans	Whole Kernel Corn
	Tossed Salad	Tossed Salad	Tossed Salad/ Coleslaw	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Peach Slices	Mixed Fruit with Jello	Fresh Strawberries	Fresh Melon
	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
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

Breakfast

September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit	Chicken and Biscuit
	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Cinnamon Roll
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
		Mini Pancakes or Waffles		Mini Pancakes or Waffles
	Cinnamon Roll	Cinnamon Roll	Cinnamon Toast Crunch Pastry	Cinnamon Toast Crunch Pastry
	Cereal	Cereal	Cereal	Cereal
	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Chocolate Muffin	Honey Bun	Chocolate Muffin	Honey Bun
	Pop-Tarts	Pop-Tarts	Pop-Tarts	Pop-Tarts
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	4 oz. Juice	4 oz. Juice	4 oz. Juice	4 oz. Juice
	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 4

September 26, 2022	September 27, 2022	September 28, 2022	September 29, 2022	September 30, 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Vegetable Beef Soup	Pizza Casserole	Country Style Chicken with Pepered White Gravy	Chicken Casserole
Sister Schubert Roll	Cheese Toast	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	Tossed Salad	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Mixed Fruit with Jello	Fresh Strawberries	Fresh Melon
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

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

Breakfast

September 26, 2022	September 27, 2022	September 28, 2022	September 29, 2022	September 30, 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	Cinnamon Roll
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Mini Pancakes or Waffles		Mini Pancakes or Waffles		Mini Pancakes or Waffles
Cinnamon Toast Crunch Pastry	Cinnamon Roll	Cinnamon Roll	Cinnamon Toast Crunch Pastry	Cinnamon Toast Crunch 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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