

HARDIN COUNTY MIDDLE SCHOOL MENUS

August 29 - September 2, 2022

MONDAY - August 29	TUESDAY - August 30	WEDNESDAY - August 31	THURSDAY - September 1	FRIDAY - September 2
Fish Strips - Mac n' Cheese Sweet Corn Hushpuppies	BBQ Nachos	Baked Ziti Garlic Breadstick	Taco Salad	Stuffed Crust Cheese or Pepperoni Pizza
Cheeseburger on a Bun	Breaded Chicken Sandwich	Chicken Tenders Sister Schubert Roll	Breaded Chicken Sandwich	Hamburger 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 Infinity Fries	1/2 cup Tater Tots	1 whole Baked Potato	1/2 cup Grape Tomatoes	1/2 cup Crunchy Veggie Bites
1/2 cup Creamy Coleslaw	1/2 cup Glazed Baby Carrots	1 1/4 cups Crunchy Romaine Salad	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Potatoes
1/2 cup Pinto 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 Strawberries	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Fresh Melon	1/2 cup Strawberry Applesauce
1 whole Apple	1/2 cup Orange Wedges	1 whole Banana	1 whole Apple	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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

September 5 - 9, 2022

MONDAY - 5	TUESDAY - 6	WEDNESDAY - 7	THURSDAY - 8	FRIDAY - 9
LABOR DAY No School	Cheesy Chicken Nachos Mexican Rice	Popcorn Chicken Sister Schubert Roll	Beef Taco on a Soft Shell Tortilla Cheese, Lettuce & Tomato	Bosco Sticks
	Hamburger on a Bun	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Chicken Tenders Sister Schubert Roll
	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	1/2 cup Whole Kernel Corn	1/2 cup Tater Tots
	1/2 cup Pinto Beans	1/2 cup Broccoli with Cheese	1/2 cup Glazed Baby Carrots	1/2 cup Crunchy Baby Carrots
	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 Strawberry Cup	1/2 cup Fruit with Jello	1/2 cup Sliced Pears 1/2 cup Fresh Melon	1/2 cup Strawberry Applesauce 1/2 cup Sliced Peaches
	1/2 cup Orange Wedges	1 whole Apple		
	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

September 12 -16, 2022

MONDAY - 12	TUESDAY - 13	WEDNESDAY - 14	THURSDAY - 15	FRIDAY - 16
STAFF DEVELOPMENT No School for Students	Breaded Steak and Gravy Sister Schubert Roll	Queso Nachos Mexican Rice	Cheese or Pepperoni Pizza	Poppy Seed Chicken Sister Schubert Roll
	Breaded Chicken Sandwich	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
	1/2 cup Mashed Potatoes with Gravy	1/2 cup Sidewinder, Jr. Potatoes	1/2 cup Mashed Potatoes with Gravy	1/2 cup Blackeyed Peas
	1/2 cup Green Peas	1/2 cup Glazed Baby Carrots	1/2 cup Seasoned Green Beans	1/2 cup Whole Kernel Corn
	1/2 cup Grape Tomatoes			
	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 Strawberry Applesauce	1/2 cup Strawberries and Bananas	1/2 cup Frozen Fruit Cup	1/2 cup Strawberry Applesauce
	1/2 cup Orange Wedges	1 whole Banana	1/2 cup Grapes	1/2 cup Sliced Peaches
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

September 19 - 23, 2022

MONDAY - 19	TUESDAY - 20	WEDNESDAY - 21	THURSDAY - 22	FRIDAY - 23
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	Bosco Sticks
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 Whole Kernel Corn	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 Sliced Peaches	1/2 cup Frozen Diced Strawberries
1/2 cup Orange Wedges	1 whole Apple	1 whole Banana	1/2 cup Grapes	1/2 cup Sliced Pears
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

September 26 - 30, 2022

MONDAY - 26	TUESDAY - 27	WEDNESDAY - 28	THURSDAY - 29	FRIDAY - 30
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	Popcorn Chicken Sister Schubert Roll	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 Grapes	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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