

HARDIN COUNTY MIDDLE SCHOOL MENUS

October 31 - November 4, 2022

MONDAY - October 31	TUESDAY - 1	WEDNESDAY - 2	THURSDAY - 3	FRIDAY - 4
Country Style Chicken with Gravy Southern Style Biscuit	Vegetable Beef Soup Cheese Toast and Crackers	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	3 Tiny Triangle Potatoes	1/2 cup Infinity Fries	1/2 cup Mashed Potatoes	1/2 cup Seasoned Curly Fries
1/2 cup Blackeyed Peas	1/2 cup Crunchy Baby Carrots	1/2 cup Crunchy Veggie Bites	1/2 cup Glazed 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 Grapes	1/2 cup Frozen Diced Strawberries
1/2 cup Applesauce	1 whole Apple	1 whole Banana	1/2 cup Sliced Peaches	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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

November 7-11, 2022

MONDAY - 7	TUESDAY - 8	WEDNESDAY - 9	THURSDAY - 10	FRIDAY - 11
Beefy Doritos Taco	Pizza Max Sticks	Spaghetti with Meat Sauce Garlic Breadstick	Chili with Beans Cheese Toast and Crackers	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	3 Tiny Triangle Potatoes	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 Crunchy Veggie Bites	1/2 cup Broccoli with Cheese
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 Sliced Pears	1 whole Apple	1 whole Banana	1/2 cup Fresh 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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HARDIN COUNTY MIDDLE SCHOOL MENUS

November 14-18, 2022

MONDAY - 14	TUESDAY - 15	WEDNESDAY - 16	THURSDAY - 17	FRIDAY - 18
Fish Strips - Mac n' Cheese Sweet Corn Hushpuppies	Turkey and Dressing w/ Roll Cranberry Sauce	Baked Ziti Garlic Breadstick	Taco Salad	Stuffed Crust Cheese or Wild Mike's Pepperoni Pizza
Cheeseburger on a Bun	Pizza Max Sticks	Chicken Tenders 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 Infinity Fries	1/2 cup Sweet Potato Casserole	1 whole Baked Potato	1/2 cup Grape Tomatoes	1/2 cup Crunchy Veggie Bites
1/2 cup Creamy Coleslaw	1/2 cup Seasoned Green Beans	1 1/4 cups Crunchy Romaine Salad	1/2 cup Whole Kernel Corn	1/2 cup Seasoned Wedge Potatoes
1/2 cup Pinto Beans	1/2 cup 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 Strawberries	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Sliced Pears	1/2 cup Strawberry Applesauce
1 whole Apple	1/2 cup Diced Peaches	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
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