

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 4

November 28, 2022	November 29, 2022	November 30, 2022	December 1, 2022	December 2, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Fish Strips	Spaghetti with Meatsauce	Chicken Tenders	Steak and Gravy
Sister Schubert Roll	Hushpuppies	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	
Chicken Fajita	Pulled Pork BBQ	Taco Meat	Chicken Nachos	Taco Snack
Queso	Cheese Sauce	Cheese Sauce	Queso	
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Chicken Ranch Wrap
Bosco Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries	Seasoned Curly Fries	Baked Potato	Seasoned Wedges	Mashed Potatoes with Brown Gravy
Broccoli with Cheese	White Beans	Baked Sweet Potato	Baked Beans	Green Peas
	Coleslaw	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 w/Jello	Pear Slices	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 vegetables daily (5 cups per week)  
 1 cup of 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

4 oz. 100% Fruit Juice and  
 1/2 cup 100% Frozen Fruit Juice  
 Sidekick  
 offered everyday as a fruit choice

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

November 28, 2022	November 29, 2022	November 30, 2022	December 1, 2022	December 2, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 Omelette Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Cinnamon Roll
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Mini Waffles	Honey Bun	Mini Waffles	Honey Bun	Mini 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
Chocolate Muffin	Chocolate Muffin	Chocolate Muffin	Chocolate Muffin	Chocolate Muffin
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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# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 1

December 5, 2022	December 6, 2022	December 7, 2022	December 8, 2022	December 9, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Vegetable Beef Soup	Pizza Casserole	Country Style Chicken with Peppered White Gravy	Turkey and Dressing
Sister Schubert Roll	Cheese Toast	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Soft Shell Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	
Chicken Fajita	Pulled Pork BBQ	Taco Meat	Chicken Nachos	Crispito
Queso	Cheese Sauce	Cheese Sauce	Queso	
Hamburger	Cheeseburger	Hamburger	Cheeseburger	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	Sweet Potato Casserole
Broccoli with Cheese	Whole Kernel Corn	Baked Sweet Potato	Baked Beans	Mashed Potatoes with Brown Gravy
		Seasoned Green Beans	Coleslaw	Green Beans
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	Pear Slices	Peach Slices
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

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# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

December 5, 2022	December 6, 2022	December 7, 2022	December 8, 2022	December 9, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
Chicken and Biscuit		Chicken and Biscuit	Pancake Dippers	Chicken and Biscuit
Breakfast Bites	Egg & Cheese Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Cinnamon Roll
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Mini Waffles	Honey Bun	Mini Waffles	Honey Bun	Mini Waffles
Cinnamon Toast Crunch Pastry	Cinnamon Roll	Cinnamon Roll	Cinnamon Toast Crunch Pastry	Cinnamon Toast Crunch Pastry
	Chocolate Crescent			Chocolate Crescent
	Chocolate Donut		Chocolate Donut	
Cereal	Cereal	Cereal	Cereal	Cereal
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
Chocolate Muffin	Blueberry Muffin	Chocolate Muffin	Blueberry Muffin	Chocolate Muffin
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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# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 2

December 12, 2022	December 13, 2022	December 14, 2022	December 15, 2022	December 16, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Chicken Tenders	Managers Choice	Managers Choice	Managers Choice
Sister Schubert Roll	Sister Schubert Roll			
Soft Shell Tortilla/ Mexican Rice	Tortilla Chips			
Chicken Fajita	Taco Meat			
Queso	Cheese Sauce			
Hamburger	Cheeseburger	Hamburger		
Breaded Chicken Sandwich	Mini Corndogs	Breaded Chicken Sandwich		
Bosco Stix with Marinara	Assorted Pizza	Assorted Pizza		
Infinity Fries	Whole Kernel Corn			
Broccoli with Cheese	Blackeyed Peas			
Tossed Salad	Tossed Salad			
Assorted Dressing	Assorted Dressing			
Grapes	Peach Slices			
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 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

December 12, 2022	December 13, 2022	December 14, 2022	December 15, 2022	December 16, 2022
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	
Chicken and Biscuit		Chicken and Biscuit	Chicken and Biscuit	
Breakfast Bites	Egg & Cheese Croissant			
Mini Cinnis	Mini Cinnis			
Mini Waffles	Honey Bun			
Cinnamon Toast Crunch Pastry	Cinnamon Roll			
	Chocolate Crescent			
	Chocolate Donut			
Cereal	Cereal	Cereal	Cereal	Cereal
Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
Chocolate Muffin	Blueberry Muffin	Chocolate Muffin	Blueberry Muffin	Chocolate Muffin
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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