

HARDIN COUNTY MIDDLE SCHOOL MENUS

November 28 - December 2, 2022

MONDAY - November 28	TUESDAY - November 29	WEDNESDAY - November 30	THURSDAY - 1	FRIDAY - 2
Cheesy Chicken Nachos Mexican Rice	Popcorn Chicken Sister Schubert Roll	Chicken Tenders Sister Schubert Roll	Beef Taco on a Soft Shelled Tortilla Cheese, Lettuce & Tomato	Wild Mike's Cheese or Pepperoni Pizza
Hamburger on a Bun	Breaded Chicken Sandwich	Spaghetti Garlic Breadstick	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 Mashed Potatoes	1 whole Baked Potato	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 Seasoned Green Beans	1/2 cup Candied Sweet Potato Rounds	1/2 cup Glazed 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 1/8 cups Tossed Salad
1/2 cup Frozen Strawberries	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Grapes	1/2 cup Strawberry Applesauce
1/2 cup Sliced Pears	1 whole Apple	1 whole Banana	1/2 cup Frozen Diced Peaches	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

December 5 - 9, 2022

MONDAY - 5	TUESDAY - 6	WEDNESDAY - 7	THURSDAY - 8	FRIDAY - 9
Breaded Steak and Gravy Sister Schubert Roll	Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa	Queso Nachos Mexican Rice	Cheese or Pepperoni Pizza	Chicken Casserole Sister Schubert Roll
Breaded Chicken Sandwich	Pulled Pork Barbecue on a Bun	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	PB&J Mini Tiger Paw Pak
1/2 cup Mashed Potatoes with Gravy	1/2 cup Seasoned Wedge Potatoes	1/2 cup Tater Tots	1/2 cup Mashed Potatoes with Gravy	1/2 cup Blackeyed Peas
1/2 cup Green Peas	1/2 cup Baked Beans	1/2 cup Glazed Baby Carrots	1/2 cup Seasoned Green Beans	1/2 cup Whole Kernel Corn
1/2 cup Grape Tomatoes	1/2 cup Creamy 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
1/2 cup Frozen Diced Peaches	1/2 cup Frozen Strawberries	1/2 cup Strawberries and Bananas	1/2 cup Fresh Grapes	1/2 cup Strawberry Applesauce
1 whole Apple	1/2 cup Fruit with Jello	1 whole Banana	1/2 cup Sliced Pears	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

December 12 - 16, 2022

MONDAY - 12	TUESDAY - 13	WEDNESDAY - 14	THURSDAY - 15	FRIDAY - 16
Country Style Chicken with Gravy Southern Style Biscuit	Turkey and Dressing w/ Roll Cranberry Sauce	Vegetable Beef Soup Cheese Toast and Crackers	Oven Baked Breaded Chicken Southern Style Biscuit	Popcorn Chicken Sister Schubert Roll
Cheeseburger on a Bun	Pizza Max Sticks	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 Sweet Potato Casserole	3 Tiny Triangle Potatoes	1/2 cup Mashed Potatoes	1/2 cup Seasoned Curly Fries
1/2 cup Blackeyed Peas	1/2 cup Seasoned Green Beans	1/2 cup Crunchy Baby Carrots	1/2 cup Glazed Baby Carrots	1/2 cup Seasoned Green Beans
1 1/8 cups Tossed Salad	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
1/2 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 whole Apple	1/2 cup Diced Peaches	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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