

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 1

January 30, 2023	January 31, 2023	February 1, 2023	February 2, 2023	February 3, 2023
<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 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	
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Chili Cheese Crisпитos
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
Bosco 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
		Baked Sweet Potato	Baked Beans	Green Peas
Broccoli with Cheese	Whole Kernel Corn	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	Strawberry Applesauce	Grapes
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)

**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

- 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

January 30, 2023	January 31, 2023	February 1, 2023	February 2, 2023	February 3, 2023
<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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 2

February 6, 2023	February 7, 2023	February 8, 2023	February 9, 2023	February 10, 2023
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
NO SCHOOL	Ravioli Casserole	Spaghetti with Meat Sauce	Oven Baked Breaded Chicken	Pulled Pork Totchos
STAFF DEVELOPMENT	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
	Tortilla Chips	Tortilla Chips	Tortilla Chips	
	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Taco Snack
	Cheese Sauce	Cheese Sauce	Queso	
	Cheeseburger	Hamburger	Cheeseburger	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 with Jello	Pear Slices	Grapes
	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

February 6, 2023	February 7, 2023	February 8, 2023	February 9, 2023	February 10, 2023
<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	Pancake Dippers	Chicken and Biscuit
	Egg & Cheese Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Cinnamon Roll
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Honey Bun	Mini Waffles	Honey Bun	Mini Waffles
	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 Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Blueberry Muffin	Chocolate Muffin	Blueberry Muffin	Chocolate Muffin
	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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 3

February 13, 2023	February 14, 2023	February 15, 2023	February 16, 2023	February 17, 2023
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Popcorn Chicken	Mini Meatloaf	Pizza Casserole	Country Style Chicken with Peppered White Gravy	Chicken Casserole
Sister Schubert Roll	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Chili Cheese Crisпитos
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
Bosco Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries		Baked Sweet Potato		
Broccoli with Cheese	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	Tossed Salad/ Coleslaw	Tossed Salad
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
Grapes	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	Grapes
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% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

February 13, 2023	February 14, 2023	February 15, 2023	February 16, 2023	February 17, 2023
<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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 4

February 20, 2023	February 21, 2023	February 22, 2023	February 23, 2023	February 24, 2023
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
NO SCHOOL	Fish Strips	Spaghetti with Meat Sauce	Chicken Tenders	Steak and Gravy
PRESIDENTS' DAY	Hushpuppies	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
	Tortilla Chips	Tortilla Chips	Tortilla Chips	
	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Taco Snack
	Cheese Sauce	Cheese Sauce	Queso	
	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
	Mini Corndogs	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Chicken Ranch Wrap
	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
	Seasoned Curly Fries	Baked Potato	Seasoned Wedges	Mashed Potatoes with Brown Gravy
	White Beans	Baked Sweet Potato	Baked Beans	Green Peas
	Coleslaw	Green Beans	Coleslaw	
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing
	Peach Slices	Mixed Fruit with Jello	Sliced Pears	Grapes
	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

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

February 20, 2023	February 21, 2023	February 22, 2023	February 23, 2023	February 24, 2023
<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	Pancake Dippers	Chicken and Biscuit
	Egg & Cheese Croissant	Cinnamon Glazed French Toast Stix	Sausage Breakfast Pizza	Cinnamon Roll
	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
	Honey Bun	Mini Waffles	Honey Bun	Mini Waffles
	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 Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Blueberry Muffin	Chocolate Muffin	Blueberry Muffin	Chocolate Muffin
	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

This institution is an equal opportunity provider



# HARDIN COUNTY HIGH SCHOOL MENU

## Entrée Bar- Week 1

February 27, 2023	February 28, 2023	March 1, 2023	March 2, 2023	March 3, 2023
<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	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	
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Chili Cheese Crisпитos
Queso	Cheese Sauce	Cheese Sauce	Queso	
Hamburger	Cheeseburger	Hamburger	Cheeseburger	Cheeseburger
Breaded Chicken Sandwich	Hot Dog	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Breaded Chicken Sandwich
Bosco Sticks with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	Assorted Pizza
Infinity Fries	Seasoned Potato Wedges	Baked Potato	Ranch Potatoes	Mashed Potatoes with Brown Gravy
		Baked Sweet Potato	Baked Beans	Green Peas
Broccoli with Cheese	Whole Kernel Corn	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	Strawberry Applesauce	Grapes
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)

**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

- 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

February 27, 2023	February 28, 2023	March 1, 2023	March 2, 2023	March 3, 2023
<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

This institution is an equal opportunity provider