

HARDIN COUNTY MIDDLE SCHOOL MENUS

February 27 - March 3, 2023

MONDAY - 27	TUESDAY - 28	WEDNESDAY - 1	THURSDAY - 2	FRIDAY - 3
Beefy Doritos Taco	Bosco 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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

March 6 - 10, 2023

MONDAY - 6	TUESDAY - 7	WEDNESDAY - 8	THURSDAY - 9	FRIDAY - 10
Breaded Steak and Gravy Sister Schubert Roll	BBQ Nachos	Country Style Chicken with Gravy Southern Style Biscuit	Taco Salad	Cheeseburger on a Bun
Cheeseburger on a Bun	Breaded Chicken Sandwich	Chicken Tenders Sister Schubert Roll	Breaded Chicken Sandwich	
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	1/2 cup Tater Tots 2/3 cup Baked Beans	1/2 cup Mashed Potatoes	1/2 cup Grape Tomatoes	1/2 cup Tater Tots
1/2 cup Green Peas	1/2 cup Glazed Baby Carrots	1 1/4 cups Crunchy Romaine Salad	1/2 cup Whole Kernel Corn	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 Mixed Berries	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1/2 cup Frozen Diced Strawberries	1/2 cup Frozen Mixed Berries
1 whole Apple	1/2 cup Applesauce	1 whole Banana	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

March 13 - 17, 2023

MONDAY - 13	TUESDAY - 14	WEDNESDAY - 15	THURSDAY - 16	FRIDAY - 17
Stuffed Crust Cheese or Pepperoni Pizza	Breaded Chicken Sandwich	Chicken Tenders Sister Schubert Roll	Hot Dog on a Bun	Popcorn Chicken Sister Schubert Roll
Cheeseburger on a Bun				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 Crunchy Veggie Bites	1/2 cup Infinity Fries	1/2 cup Tater Tots	1/2 cup Infinity Fries	1/2 cup Tiny Triangle Potatoes
1/2 cup Seasoned Wedge Potatoes	1/2 cup Crunchy Baby Carrots	1/2 cup Crunchy Veggie Bites	1/2 cup Crunchy Baby Carrots	1/2 cup Broccoli with Cheese 1/2 cup Blackeyed Peas
1/2 cup Frozen Mixed Berries	1/2 cup Applesauce	1 whole Banana	1/2 cup Frozen Diced Strawberries	1/2 cup Strawberry Applesauce
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

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HARDIN COUNTY MIDDLE SCHOOL MENUS

March 27 - 31, 2023

MONDAY - 27	TUESDAY - 28	WEDNESDAY - 29	THURSDAY - 30	FRIDAY - 31
Beefy Doritos Taco	Bosco Sticks	Spaghetti with Meat Sauce Garlic Breadstick	Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa	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 Baby Carrots	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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