

HARDIN COUNTY HIGH SCHOOL MENU

Entrée Bar- Week 2

May 1, 2023	May 2, 2023	May 3, 2023	May 4, 2023	May 5, 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Steak & Gravy	Spaghetti with Meat Sauce	Chicken Tenders	Pulled Pork Totchos
Sister Schubert Roll	Sister Schubert Roll	Garlic Breadstick	Southern Style Biscuit	Sister Schubert Roll
Flour Tortilla/ Mexican Rice	Tortilla Chips	Tortilla Chips	Tortilla Chips	Tortilla Chips
Chicken Fajita	Taco Meat	Pulled Pork BBQ	Chicken Nachos	Taco Meat
Queso	Cheese Sauce	Cheese Sauce	Queso	Cheese Sauce
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	Mashed Potatoes	Baked Potato	Seasoned Wedges	Tater Tots
Broccoli with Cheese	Blackeyed Peas	Baked Sweet Potato	Baked Beans	Whole Kernel Corn
		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	Pear Slices	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 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

May 1, 2023	May 2, 2023	May 3, 2023	May 4, 2023	May 5, 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 3

May 8, 2023	May 9, 2023	May 10, 2023	May 11, 2023	May 12, 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Breaded Steak Sandwich	Breaded Chicken Sandwich	Pulled Pork Barbecue Sandwich	Breaded Chicken Sandwich
Bosco Sticks 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 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

May 8, 2023	May 9, 2023	May 10, 2023	May 11, 2023	May 12, 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 4

May 15, 2023	May 16, 2023	May 17, 2023	May 18, 2023	May 19, 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken	Managers Choice	Managers Choice	Managers Choice	Managers Choice
Sister Schubert Roll				
Soft Shell Tortilla/ Mexican Rice				
Chicken Fajita				
Queso				
Hamburger	Hamburger	Hamburger	Hamburger	
Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	
Bosco Stix with Marinara	Assorted Pizza	Assorted Pizza	Assorted Pizza	
Infinity Fries	Infinity Fries	Infinity Fries	Infinity Fries	
Broccoli with Cheese				
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	
Assorted Dressing	Assorted Dressing	Assorted Dressing	Assorted Dressing	
Grapes	Peach Slices	Mixed Fruit with Jello	Strawberry Applesauce	
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 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

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HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

May 15, 2023	May 16, 2023	May 17, 2023	May 18, 2023	May 19, 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit		
Chicken and Biscuit		Chicken and Biscuit		
Breakfast Bites	Egg & Cheese Croissant	Cinnamon Glazed French Toast Stix		
Mini Cinnis	Mini Cinnis	Mini Cinnis		
Mini Waffles	Honey Bun	Mini Waffles		
Cinnamon Toast Crunch Pastry	Cinnamon Roll	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	
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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