

HARDIN COUNTY MIDDLE SCHOOL MENUS

May 1 - 5, 2023

| MONDAY - 1 | TUESDAY - 2 | WEDNESDAY - 3 | THURSDAY - 4 | FRIDAY - 5 |
|---|---|--|--------------------------------------|--|
| Breaded Steak and Gravy Sister Schubert Roll | BBQ Nachos | Country Style Chicken with Gravy Southern Style Biscuit | Taco Salad | Stuffed Crust Cheese or Pepperoni Pizza |
| Cheeseburger on a Bun | Breaded Chicken Sandwich | Chicken Tenders 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 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 Crunchy Veggie Bites |
| 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 Seasoned Wedge Potatoes |
| 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 Mixed Berries | 1/2 cup Fruit with Jello | 1/2 cup Strawberries and Bananas | 1/2 cup Frozen Diced Strawberries | 1/2 cup Strawberry Applesauce |
| 1 whole Apple | 1/2 cup Applesauce | 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

This institution is an equal opportunity provider.

HARDIN COUNTY MIDDLE SCHOOL MENUS

May 8 - 12, 2023

| MONDAY - 8 | TUESDAY - 9 | WEDNESDAY - 10 | THURSDAY - 11 | FRIDAY - 12 |
|---------------------------------------|--|---|--|--|
| Cheesy Chicken Nachos Mexican Rice | Oven Baked Breaded Chicken Southern Style Biscuit | Chicken Tenders Sister Schubert Roll | Beef Taco on a Soft Shelled Tortilla Cheese, Lettuce & Tomato | Popcorn Chicken Sister Schubert Roll |
| Cheeseburger 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 Mixed Berries | 1/2 cup Fruit with Jello | 1/2 cup Strawberries and Bananas | 1/2 cup Grapes 1/2 cup Sliced Pears | 1/2 cup Strawberry Applesauce 1/2 cup Sliced Peaches |
| 1/2 cup Sliced Pears | 1 whole Apple | 1 whole Banana | 1/2 pint Milk | 1/2 pint Milk |
| 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

May 15 - 19, 2023

| MONDAY - 15 | TUESDAY - 16 | WEDNESDAY - 17 | THURSDAY - 18 | FRIDAY - 19 |
|---|---|--------------------------------------|---------------------------------|---|
| Breaded Steak and Gravy Sister Schubert Roll | Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa | 2 Bosco Sticks | Cheese or Pepperoni Pizza | Last Day of School Have a Great Summer Vacation! |
| Breaded Chicken Sandwich | Pulled Pork Barbecue on a Bun | Pizza Casserole Garlic Breadstick | 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 | |
| 1/2 cup Mashed Potatoes with Gravy | 1/2 cup Seasoned Wedge Potatoes | 1/2 cup Tater Tots | 1/2 cup Infinity Fries | |
| 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 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 | 1/2 cup Crunchy Veggie Bites | |
| 1/2 cup Frozen Diced Peaches | 1/2 cup Frozen Strawberries | 1/2 cup Strawberries and Bananas | 1/2 cup Applesauce | |
| 1 whole Apple | 1/2 cup Fruit with Jello | 1 whole Banana | 1/2 cup Sliced Pears | |
| 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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