

# HARDIN COUNTY MIDDLE SCHOOL MENUS

April 22 - 26, 2024

MONDAY - 22	TUESDAY - 23	WEDNESDAY - 24	THURSDAY - 25	FRIDAY - 26
Cheesy Chicken Nachos Mexican Rice	Chili with Beans Cheese Toast / Crackers	Spaghetti with Meat Sauce Texas Toast	Taco Salad Mexican Rice	Oven Baked Breaded Chicken Southern Style Biscuit
Cheese or Pepperoni Pizza	Chicken Tenders Sister Schubert Roll	Cheeseburger on a Bun	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 Seasoned Wedge Potatoes	3 Tiny Triangle 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 Frozen Fruit	1/2 cup Strawberries and Bananas	1 whole Apple 1/2 cup Frozen Fruit	1/2 cup Strawberry Applesauce
1/2 cup Sliced Peaches	Juice Sidekick	1 whole Banana	Juice Sidekick	1/2 Frozen Diced 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, as needed

**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  
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 low fat 1% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.

# HARDIN COUNTY MIDDLE SCHOOL MENUS

April 29 - May 3, 2024

MONDAY - April 29	TUESDAY - April 30	WEDNESDAY - 1	THURSDAY - 2	FRIDAY - 3
Breaded Steak and Gravy Southern Style Biscuit	Ravioli Casserole Sister Schubert Roll	2 Wild Mike's Cheese Stuffed Breadsticks	Stuffed Crust Cheese or Pepperoni Pizza Wedge	Chicken Casserole Sister Schubert Roll
Breaded Chicken Sandwich	Chicken Tenders Sister Schubert Roll	Pizza Casserole Sister Schubert Roll	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 Tiny Triangle Potatoes	1 whole Baked Potato	1/2 cup Mashed Potatoes with Gravy	1/2 cup Blackeyed Peas
1/2 cup Green Peas	1/2 cup Broccoli with Cheese	1/2 cup Glazed Baby Carrots	1/2 cup Seasoned Green Beans	1/2 cup Whole Kernel Corn
1/2 cup Grape Tomatoes				
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 whole Apple	1/2 cup Strawberry Applesauce
1/2 cup Strawberry Applesauce	1/2 cup Frozen Fruit		1/2 cup Frozen Fruit	1/2 cup Sliced Peaches
1/2 cup Strawberry Applesauce	Juice Sidekick	1 whole Banana	Juice Sidekick	
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, as needed

**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  
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 low fat 1% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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## HARDIN COUNTY MIDDLE SCHOOL MENUS

April 8 - 12, 2024

MONDAY - 8	TUESDAY - 9	WEDNESDAY - 10	THURSDAY - 11	FRIDAY - 12
Beefy Doritos Taco	Country Style Chicken w/ Gravy Southern Style Biscuit	Cheese Ravioli Sister Schubert Roll	Chicken Fajita on Soft Shell Tortilla Queso, Lettuce, Tomato & Salsa	Chicken Tenders Sister Schubert Roll
Pulled Pork Barbecue Sandwich	Breaded Chicken Sandwich	Oven Baked Breaded Chicken Southern Style Biscuit	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	3 Tiny Triangle Potatoes	1/2 cup Straight Cut Fries
2/3 cup Baked 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
1/2 cup Frozen Diced Strawberries	1/2 cup Fruit with Jello	1/2 cup Strawberries and Bananas	1 whole Apple	1/2 cup Strawberry Applesauce
1/2 cup Sliced Pears	1/2 cup Frozen Fruit	1 whole Banana	1/2 cup Frozen Fruit	1/2 cup Diced Peaches
1/2 pint Milk	Juice Sidekick	1/2 pint Milk	Juice Sidekick	1/2 pint Milk
	1/2 pint Milk		1/2 pint Milk	

Lettuce, Tomato, Onion and Pickle offered daily, as needed

### 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  
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 low fat 1% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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## HARDIN COUNTY MIDDLE SCHOOL MENUS

April 15 - 19, 2024

MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19
Fish Strips - Mac n' Cheese Sweet Corn Hushpuppies	Vegetable Beef Soup Cheese Toast / Crackers	BBQ Nachos with Tostitos Tortilla Chips	Beef Taco on a Soft Shell Tortilla Cheese, Lettuce & Tomato	Stuffed Crust Cheese or Wild Mike's Pepperoni Pizza
Cheeseburger on a Bun	Breaded Chicken Sandwich	Hot Dog on a Bun	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 Seasoned Potato Loops	3 Tiny Triangle Potatoes	1 whole Baked Potato	1/2 cup Grape Tomatoes	1/2 cup Crunchy Veggie Bites
1/2 cup Creamy Coleslaw 1/2 cup Pinto Beans	1 1/4 cups Crunchy Romaine Salad	1/2 cup Glazed Baby Carrots	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 Diced Strawberries	1/2 cup Fruit with Jello 1/2 cup Frozen Fruit	1/2 cup Strawberries and Bananas	1 whole Apple 1/2 cup Frozen Fruit	1/2 cup Strawberry Applesauce
1/2 cup Sliced Pears	Juice Sidekick	1 whole Banana	Juice Sidekick	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, as needed

### 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  
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 low fat 1% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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