

# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

March 4, 2024	March 5, 2024	March 6, 2024	March 7, 2024	March 8, 2024
<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 Slider	Chicken Slider	Chicken Slider	Chicken Slider	Chicken Slider
Pancake Dippers	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix		Sausage Breakfast Pizza
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Chocolate Swirl Roll	Honey Bun	Chocolate Swirl Roll	Honey Bun	Chocolate Swirl Roll
Chocolate Donuts	Powdered Donuts	Chocolate Donuts	Powdered Donuts	Chocolate Donuts
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 lowfat 1% chocolate milk  
 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider

# HARDIN COUNTY HIGH SCHOOL MENU

## Breakfast

March 11, 2024	March 12, 2024	March 13, 2024	March 14, 2024	March 15, 2024
<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 Slider	Chicken Slider	Chicken Slider	Chicken Slider	Chicken Slider
Pancake Dippers	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix		Sausage Breakfast Pizza
Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis	Mini Cinnis
Chocolate Swirl Roll	Honey Bun	Chocolate Swirl Roll	Honey Bun	Chocolate Swirl Roll
Chocolate Donuts	Powdered Donuts	Chocolate Donuts	Powdered Donuts	Chocolate Donuts
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 lowfat 1% chocolate milk
- 1/2 pint fat free 0% strawberry milk

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