

HARDIN COUNTY HIGH SCHOOL MENU

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit	Sausage and Biscuit
Chicken Slider		Chicken Slider	Chicken Slider	Chicken Slider
Banana Bread Slice	Egg and Cheese Omelette Croissant	Cinnamon Glazed French Toast Stix		Sausage Breakfast Pizza
Mini Cinnis	Caramel Mini Cinnis	Mini Cinnis	Caramel 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
	Double Chocolate Filled Donut Bites		Double Chocolate Filled Donut Bites	
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