

## HARDIN COUNTY MIDDLE SCHOOL MENU

### Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Slider	Sausage and Biscuit	Chicken Slider	Sausage and Biscuit	Chicken Slider
Chocolate Chip Chip Muffin	Mini Chocolate or Powdered Sugar Donuts	Mini Bagels	Mini Waffles or French Toast Bites	Chocolate Swirl Roll
Caramel Mini Cinnis	Sausage Breakfast Pizza	Double Chocolate Filled Donut Bites	Cinnamon Roll	Funnel Cake Waffle
Cereal	Cereal	Cereal	Cereal	Cereal
Pop-Tarts (2)	Pop-Tarts (2)	Pop-Tarts (2)	Pop-Tarts (2)	Pop-Tarts (2)
Fruit	Fruit	Fruit	Fruit	Fruit
4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**1/2 cup Fresh, Canned and/or Frozen Fruit will be offered each day.**

Daily Servings:

- 1 oz. equivalent Grains/Breads daily (minimum 8 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.