

# BREAKFAST

## Offered Daily

Breakfast Pizza  
Sausage/Egg Biscuit  
Chicken Biscuit  
Assorted Cereal w/ Toast  
Toaster Treats  
Yogurt w/ Grahams

Additional item on

**Friday**

Fresh Baked Cinnamon Rolls

A full price breakfast is \$1.35. Choose one of the entrees above in addition to your choice of assorted juice or fruit and assorted milk.

Fresh Fruit Available Daily--\$0.50

## Why Eat Breakfast?

Many studies, in both adults and children, have shown that breakfast-eaters tend to weigh less than breakfast-skippers.

Why? One theory suggests that eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other meals. While it might seem you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of breakfast-skippers, and they eat more at lunch and throughout the day.

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The Hardin County School Child Nutrition Department is committed to implementing the USDA's School Meal Initiative regulations and complying with the USDA Dietary Guidelines for Americans through a variety of meal planning approaches. Menus are planned to include a variety of foods that are low in sugar, sodium, fat and cholesterol. Menu selections are designed to increase breads, grains, fruits, and vegetables as well as other foods rich in vitamins and minerals.

## Pre-Payments Online

Pay on-line at [mealpayplus.com](http://mealpayplus.com). The service is easy to use, convenient, private and secure. Parents can view and print student purchase history, account balance, and pay for multiple students by credit or debit card in a single transaction. The service is available 24/7; you just need your student ID number which is available at the school.

## Check

To pay with a check at school, make checks payable to Central Hardin School and send to the cafeteria manager. Include the student's name and if paying for multiple students please list amount to post to each student.

## Cash

Students may pay with cash daily.



Visit the Hardin County Website  
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- Menu Nutritionals  
– Also check out our new "link"!!
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MyPyramid is now MyPlate  
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Mary Kuhn, SNS, Child Nutrition Director  
Hardin County Schools  
2514 Leitchfield Road • Elizabethtown, KY 42701  
270-769-8877

# Bruin Café Menu

## 2011-2012



# LUNCH MENU

Mama's Kitchen				
Tuesday, Thursday & Friday				
Student Meal is available for \$2.10				
Asian 2 Go				
Monday & Wednesday				
Student Bruin Meal is available for \$2.35				
Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken	Chicken Fried Steak w/ Gravy, Hot Rolls	General Tso's Chicken	Chicken Nuggets w/ Hot Rolls	Mama's Special

- Mama's Kitchen: For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.
- Asian 2 Go: For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk. Separate eggroll for \$1.25.

The Sandwich Shoppe				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Grilled Saucy Rib on Bun	Wraps
Charbroiled Hamburgers/Cheeseburgers/Jalapeno burgers offered daily - \$1.85 Sandwich/\$2.10 Meal Ham or Turkey Sub Bar - \$2.00 Sandwich/\$2.35 Meal Bruin Meal				

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

South of the Border		
	Entree Price	Full Meal Price
Nachos w/Cheese Sauce	\$1.85	\$2.10
Nachos w/Meat Sauce OR Soft Taco	\$2.00	\$2.35

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Pickin' Chicken		
	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.10
Breaded Chicken Sandwich	\$1.85	\$2.10
Spicy Chicken Sandwich	\$2.00	\$2.35
Chicken Tenders	\$2.00	\$2.35
Popcorn Chicken	\$2.00	\$2.35
Chicken Breast Sandwich	\$2.00	\$2.35

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

Italian Scallion				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Pizzatas	Spaghetti/Meat Sauce French Bread	Baked Ziti w/French Bread	Penne w/ Sauce Chicken Pattie French Bread	Texas Toast and/or 3 Cheese Boat
Fresh Hot Pizza Available Daily Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.10 Bruin Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.35				

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Super Salads	
Student Meal is available for \$2.10	
Offered Daily: Chef Salad or Feature Salad	
Assorted Dressings, Crackers Choice of Milk	



Snack Shack	
Peanut Butter Uncrustables	\$1.00
Brownies	\$0.50
Nutrigrain Bars	\$0.50
Variety of Baked Snacks	\$0.50
Soft Pretzel w/mustard	\$0.75
Toaster Treats	\$0.75
Fresh Fruit Cup w/dip	\$1.25
Veggies & Dip	\$1.00
Fresh Fruit	\$0.50
100% Fruit Juice	\$0.40
Cookie	\$0.50
Nacho Cheese Sauce	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Milk	\$0.40
Cheese Bread Sticks (2 )w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Juice	\$1.00

A variety of beverages and some additional a la carte items are offered on all lines.

Adult Meals are \$3.00 for Regular Meals and \$3.25 for Bruin Meals.

**NOTICE: SOME MENU ITEMS MAY CONTAIN NUTS AND/OR ARTIFICIAL SWEETENERS.**

Menu is subject to change without notice due to price and availability of food.

# BREAKFAST

## Offered Daily

Breakfast Pizza  
Sausage/Egg Biscuit  
Chicken Biscuit  
Assorted Cereal w/ Toast  
Toaster Treats  
Yogurt w/ Grahams

Additional item on

**Friday**

Fresh Baked Cinnamon Rolls

A full price breakfast is \$1.35. Choose one of the entrees above in addition to your choice of assorted juice or fruit and assorted milk.

Fresh Fruit Available Daily--\$0.50

## Why Eat Breakfast?

Many studies, in both adults and children, have shown that breakfast-eaters tend to weigh less than breakfast-skippers.

Why? One theory suggests that eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other meals. While it might seem you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of breakfast-skippers, and they eat more at lunch and throughout the day.

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## Check

To pay with a check at school, make checks payable to John Hardin School and send to the cafeteria manager. Include the student's name and if paying for multiple students please list amount to post to each student.

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# Bulldog Café Menu

## 2011-2012



# LUNCH MENU

Mama's Kitchen				
Tuesday, Thursday & Friday				
Student Meal is available for \$2.10				
Asian 2 Go				
Monday & Wednesday				
Student Bulldog Meal is available for \$2.35				
Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken	Chicken Fried Steak w/ Gravy, Hot Rolls	General Tso's Chicken	Chicken Nuggets w/ Hot Rolls	Mama's Special

- Mama's Kitchen: For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.
- Asian 2 Go: For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk. Separate eggroll for \$1.25.

The Sandwich Shoppe				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Grilled Saucy Rib on Bun	Wraps
Charbroiled Hamburgers/Cheeseburgers/Jalapeno burgers offered daily - \$1.85 Sandwich/\$2.10 Meal				
Ham or Turkey Sub Bar - \$2.00 Sandwich/\$2.35 Meal Bulldog Meal				

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

South of the Border		
	Entree Price	Full Meal Price
Nachos w/Cheese Sauce	\$1.85	\$2.10
Nachos w/Meat Sauce OR Soft Taco	\$2.00	\$2.35

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.


Pickin' Chicken		
	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.10
Breaded Chicken Sandwich	\$1.85	\$2.10
Spicy Chicken Sandwich	\$2.00	\$2.35
Chicken Tenders	\$2.00	\$2.35
Popcorn Chicken	\$2.00	\$2.35
Chicken Breast Sandwich	\$2.00	\$2.35

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

Italian Scallion				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Pizzas	Spaghetti/Meat Sauce French Bread	Baked Ziti w/French Bread	Penne w/ Sauce Chicken Pattie French Bread	Texas Toast and/or 3 Cheese Boat
Fresh Hot Pizza Available Daily				
Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.10				
Bulldog Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.35				
Also available daily: Cheese Bread Sticks w/dipping sauce(2) \$1.50				

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Super Salads	
Student Meal is available for \$2.10	
Offered Daily: Chef Salad or Feature Salad	
Assorted Dressings, Crackers Choice of Milk	



Snack Shack	
Peanut Butter Uncrustables	\$1.00
Brownies	\$0.50
Nutrigrain Bars	\$0.50
Variety of Baked Snacks	\$0.50
Soft Pretzel w/mustard	\$0.75
Toaster Treats	\$0.75
Fresh Fruit Cup w/dip	\$1.25
Veggies & Dip	\$1.00
Fresh Fruit	\$0.50
100% Fruit Juice	\$0.40
Cookie	\$0.50
Nacho Cheese Sauce	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Milk	\$0.40
Cheese Bread Sticks (2 )w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Juice	\$1.00

A variety of beverages and some additional a la carte items are offered on all lines.

Adult Meals are \$3.00 for Regular Meals and \$3.25 for Bulldog Meals.

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## Offered Daily

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Sausage/Egg Biscuit  
Chicken Biscuit  
Assorted Cereal w/ Toast  
Toaster Treats  
Yogurt w/ Grahams

Additional item on

**Friday**

Fresh Baked Cinnamon Rolls

A full price breakfast is \$1.35. Choose one of the entrees above in addition to your choice of assorted juice or fruit and assorted milk.

Fresh Fruit Available Daily--\$0.50

## Why Eat Breakfast?

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To pay with a check at school, make checks payable to North Hardin School and send to the cafeteria manager. Include the student's name and if paying for multiple students please list amount to post to each student.

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# Trojan Café Menu

## 2011-2012



# LUNCH MENU

Mama's Kitchen				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak w/Gravy Hot Rolls	Spaghetti French Bread	Chicken Fried Steak w/Gravy Hot Rolls	Chicken Nuggets w/ Hot Rolls	Mama's Special

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

The Sandwich Shoppe				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Grilled Saucy Rib on Bun	Wraps
Charbroiled Hamburgers/Cheeseburger/Jalapeno burgers offered daily - \$1.85 Sandwich/\$2.10 Meal Ham or Turkey Sub Bar - \$2.00 Sandwich/\$2.35 Trojan Meal				

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

South of the Border		
	Entree Price	Full Meal Price
Nachos w/Cheese Sauce	\$1.85	\$2.10
Nachos w/Meat Sauce OR Soft Taco	\$2.00	\$2.35

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Asian2Go				
Student Trojan Meal is available for \$2.35				
Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken	Garlic Sesame	Asian Delight	Orange Ginger	General Tso's Chicken

For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk.  
Separate eggroll for \$1.25

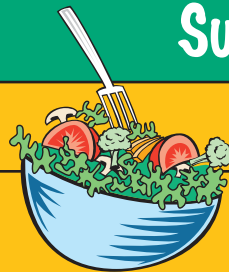
Pickin' Chicken		
	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.10
Breaded Chicken Sandwich	\$1.85	\$2.10
Spicy Chicken Sandwich	\$2.00	\$2.35
Chicken Tenders	\$2.00	\$2.35
Popcorn Chicken	\$2.00	\$2.35
Chicken Breast Sandwich	\$2.00	\$2.35

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

Italian Scallion				
Student Meal is available for \$2.10				
Monday	Tuesday	Wednesday	Thursday	Friday
Pizzatas	Texas Toast	Baked Ziti w/French Bread	Penne w/ Sauce Chicken Pattie French Bread	3 Cheese Boat
Fresh Hot Pizza Available Daily Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.10 Trojan Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.35				
Also available daily: Cheese Bread Sticks w/dipping sauce(2) \$1.50				

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Super Salads	
Student Meal is available for \$2.10	
Offered Daily: Chef Salad or Feature Salad	
Assorted Dressings, Crackers Choice of Milk	



Snack Shack	
Peanut Butter Uncrustables	\$1.00
Brownies	\$0.50
Nutrigrain Bars	\$0.50
Variety of Baked Snacks	\$0.50
Soft Pretzel w/mustard	\$0.75
Toaster Treats	\$0.75
Fresh Fruit Cup w/dip	\$1.25
Veggies & Dip	\$1.00
Fresh Fruit	\$0.50
100% Fruit Juice	\$0.40
Cookie	\$0.50
Nacho Cheese Sauce	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Milk	\$0.40
Cheese Bread Sticks (2 )w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Juice	\$1.00

A variety of beverages and some additional a la carte items are offered on all lines.

Adult Meals are \$3.00 for Regular Meals and \$3.25 for Trojan Meals.

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