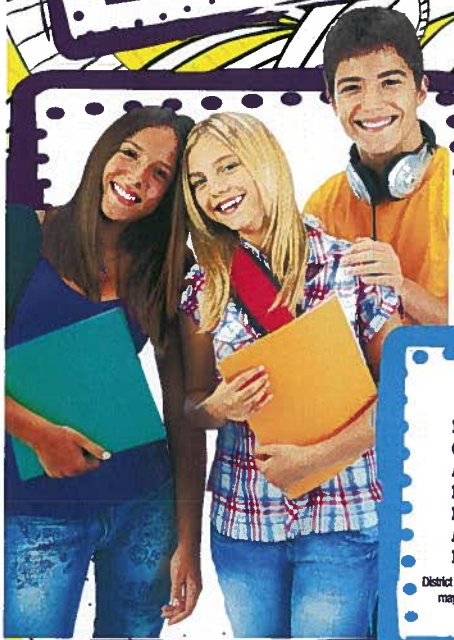


2011 - 2012 Hardin County Middle School Lunch Menu



Breakfast Menu

Free & Reduced Meal Applications

Please encourage your child to eat breakfast whether it is at home and at school. Visit <http://frac.org/pdf/breakfastforlearning.PDF> for details on breakfast and its benefits for your child's school day.

1 Week	Monday Breakfast Pizza	Tuesday Hot Pocket	Wednesday Fresh Baked Cinnamon Roll	Thursday Yogurt and Grahams	Friday Chicken Little Biscuit
2 Week	Monday Breakfast Pizza	Tuesday French Toast Sticks	Wednesday Pancake and Sausage on a Stick	Thursday Pop-Tart®	Friday Sausage Biscuit

Daily Breakfast Offerings:

Knebler® Grahams and a Variety of Cold Cereal (More offerings of reduced sugar and WG cereals), 100% Fruit Juice, 1% White, FF White, FF Chocolate, FF Strawberry, or FF Vanilla Milk

Meal Pricing

Middle School Breakfast	\$1.35
(no charge at North Middle)	
Adult Breakfast	\$1.85
Middle School Lunch	\$2.10
Reduced Lunch	\$0.40
Adult Lunch	\$3.00
Extra Milk	\$0.20

District Charge Policy - Any child who participates in the breakfast and/or lunch program may charge meals up to (6) days. After that time, all charges must be paid before additional charges can be made. Policy may vary per school.

Daily Lunch Offerings

Smuckers PB&J Uncrustable
Yogurt Parfait and Grahams
Cheese and Crackers

"Treats"

Desserts will be worked into the menus occasionally!
Cookies, Cakes and Cobblers! When it is "frigid" outside, a variety of soups will be added to the menu!

Weekly Lunch Menu

1 Week	Monday • Chicken Tenders or Corndog • Homemade WG Rolls • Potato Rounds • Fresh Veggies w/Dip • Mandarin Oranges	Tuesday • Burrito Bar or Chef Saled • Choose from a variety of Burrito fillings: Chicken, Beef, Black Beans, Mexican Rice, Corn & More • Turtl-Eruti-Salad!	Wednesday • Giorgio Pizza Wedge or Yummy Rice Bowl • Garden Salad w/dressing • Steamed Seasoned Carrots • Veggie Pasta Salad • Crisped Pineapple	Thursday • Oven Fried Chicken or Shaved Hot Ham/Cheese on Homemade WG Bun • Homemade WG Rolls • Seasoned Peas • Mashed Potatoes w/ Grey • Chilled Peaches	Friday • Hamburger or Cheeseburger on WG Bun or Cuban Pork Wrap • Deluxe Trimmings • Oven Baked Fries • Steamed Broccoli w/Cheese Sauce • Applesauce
2 Week	Monday • Chili w/Crackers • 1/2 Pinto Cheese Sandwich on WW Bread or Chicken Nuggets • Homemade WG Rolls • Baked Potato • Fresh Veggies w/Dip • Mandarin Oranges	Tuesday • Spaghetti w/Meat Sauce and Garlic French Bread or Smoked Turkey on Homemade WG Bun • Seasoned Peas • Garden Salad w/dressing • Chilled Peas • Fruit Juice Bar	Wednesday • Chicken Pattie on WW Bun • Macaroni/Cheese • California Blend Vegetables • Cole Slaw • Orange-Pineapple Gelatin	Thursday • Scrambled Eggs • Sausage, Biscuits • Oatmeal • Cinnamon Baked Apples • Hash Browns • Assorted Fruit Juice • Chilled Peaches • Homemade Cinnamon Rolls	Friday • Schwartz' Pizza or Hoagie Sandwich • Deluxe Trimmings • Steamed Broccoli w/Cheese Sauce • Baked Potato Wedges • Baked Beans • Applesauce
3 Week	Monday • Chicken Tenders or Tuna Salad on WW Bread • Homemade WG Rolls • Sweet Potato Treats • Rice Pilaf • Seasoned Green Beans • Mandarin Oranges	Tuesday • Taco Salad - Including Lettuce, Tomato, Shredded Cheese or Turkey/Chicken Pita Pocket • Seasoned Corn • Refined Beans • Crisped Peaches	Wednesday • Hamburger or Cheeseburger on WG Bun or Corndog • Deluxe Trimmings • Fresh Baby Carrots w/Dip • Oven Baked Fries • Chilled Pineapple	Thursday • Sub Sandwich Bar or Chef Salad • Baked Chips • Broccoli Salad • Turtl-Fruti Salad • Jello	Friday • Pizata or Pork Barbeque on Homemade WG Bun • Garden Salad w/Dressing • Scalloped Potatoes • Marinated Black Bean Salad • Applesauce
4 Week	Monday • Sked Turkey w/Gravy or Chicken Nuggets • Homemade WG Rolls • Mashed Potatoes w/Gravy • Seasoned Green Beans • Baked Sweet Potatoes and Apples • Chilled Pineapple	Tuesday • Build Your Hot Dog on WG Bun - Choose from your favorite toppings And Enjoy... • Oven Baked Fries • Baked Beans • Peas	Wednesday • Spaghetti w/Meat Sauce and Bosco Stick or Smoked Turkey on Homemade WG Bun • California Blend Vegetables • Garden Salad w/dressing • Mandarin Oranges	Thursday • Chicken Pattie on WG Bun or Nacho Grande • Marinated Tomatoes and Cucumbers • Rice Pilaf • Baked Potato Wedges • Applesauce	Friday • The Most Tasted Logo Pizza or Grilled Cheese Sandwich on WW Bread • Seasoned Corn • Cauliflower w/Cheese Sauce • Garden Salad w/ Dressing • Chilled Peaches

Selection of Fresh Fruits Available Daily

(Seasonal Changes) Selections May Include: Crispy Apples • Fresh Grapes • Oranges • Bananas • Watermelon • Cantaloupe • Honeydew • Strawberries • Peas • Kiwi • Pineapple • "Go Bananas Orange Dip" will be offered occasionally! Children are allowed to choose as many fruits and vegetables as they like (except potatoes) as long as they eat them and do not waste.

Did You Know?

The majority of our bread products are Whole Grain (WG) and homemade • We offer fresh fruit daily • We have increased dark, leafy green vegetables and orange vegetables • We have increased the number of times "beans" are offered on the menus • Our meals have to follow the "Dietary Guidelines"

Lunch Meal Calendar

● Week One Meal Plan ● Week Two Meal Plan ● Week Three Meal Plan ● Week Four Meal Plan

August '11 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	September '11 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October '11 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November '11 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
December '11 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	January '12 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
February '12 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	March '12 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April '12 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	May '12 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Holiday Meals: November 16 & December 17, 2011

3 Ways to purchase Meals



1

Pre-Payments Online



Pay on-line at www.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

2

Check



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

3

Cash



Students may pay with cash daily.

Hardin County Middle School Menu

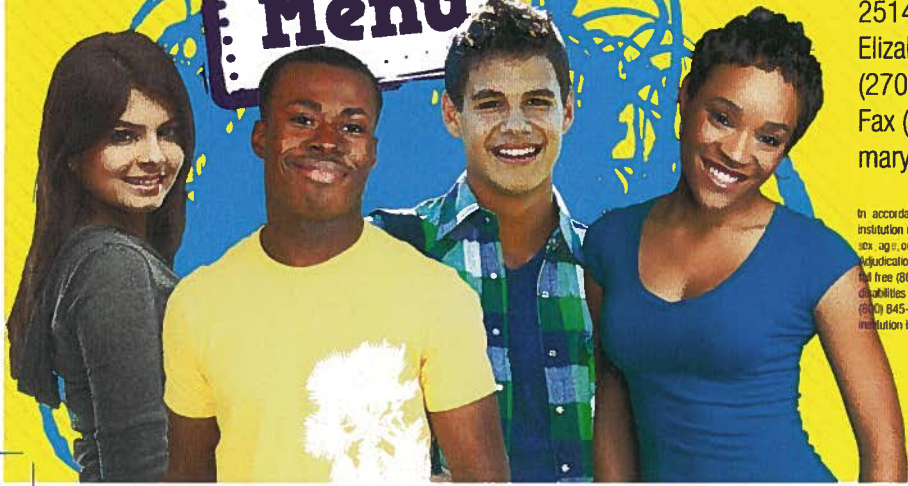


VISIT THE HARDIN COUNTY WEBSITE:
<http://www.hardin.k12.ky.us>

TO OBTAIN:

- Menu Nutritionals
- Also check out our new "Link"!!
- Nutrition Education
- Wellness Policy
- Cafeteria Highlights
- MyPyramid is now MyPlate
- <http://www.choosemyplate.gov>

2011-2012 Menu



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