

BREAKFAST

Monday

French Toast Sticks
Sausage/Egg Biscuit
Chicken Biscuit
Asst. Cereal w/Grahams
Ultimate Breakfast Round
Toaster Treats

Tuesday

Pancake Party
Sausage/Egg Biscuit
Chicken Biscuit
Asst. Cereal w/Toast
Ultimate Breakfast Round
Toaster Treats

Wednesday

Breakfast Pocket
Sausage/Egg Biscuit
Chicken Biscuit
Asst. Cereal w/Grahams
Ultimate Breakfast Round
Toaster Treats

Thursday

Breakfast Pizza
Sausage/Egg Biscuit
Chicken Biscuit
Asst. Cereal w/Toast
Ultimate Breakfast Round
Toaster Treats

Friday

Cinnamon Rolls
Sausage/Egg Biscuit
Chicken Biscuit
Asst. Cereal w/Grahams
Ultimate Breakfast Round
Toaster Treats

A full price breakfast is \$1.25. 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

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.



BASIC AMERICAN FOODS

High School Breakfast and Lunch Menus

2009-2010



Mary Kuhn, SNS, Child Nutrition Director
Hardin County Schools
2514 Leitchfield Road • Elizabethtown, KY 42701
270-769-8877

LUNCH MENU

Mama's Kitchen Student Meal is available for \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak w/Gravy Hot Rolls	Mama's Special	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

Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Hot Pork Sausage on Bun	Wraps

Charbroiled Hamburgers offered daily - \$1.85 Sandwich/\$2.00 Meal
 Double Burgers offered daily - \$2.00 Sandwich/\$2.25 Bruin Meal
 Grilled Saucy Rib on Bun offered daily - \$1.85 Sandwich/\$2.00 Meal
 Ham or Turkey Sub Offered Daily - \$2.00 Sandwich/\$2.25 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 or Max Wrap	\$1.85	\$2.00
Nachos w/Meat & Cheese Sauce OR Soft Taco	\$2.00	\$2.25

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

Asian2Go Student Bruin Meal is available for \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet & Sour Chicken	Pork Egg Roll	BBQ Chicken Teriyaki	Pork Egg Roll	Spicy Sichuan Chicken

For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk.
 Separate eggroll for \$1.00

Pickin' Chicken

	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.00
Breaded Chicken Sandwich	\$1.85	\$2.00
Spicy Chicken Sandwich	\$2.00	\$2.25
Chicken Tenders	\$2.00	\$2.25
Popcorn Chicken	\$2.00	\$2.25
The Clux Delux	\$2.00	\$2.25

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 \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
Penne/w Sauce French Bread	Spaghetti/Meat Sauce French Bread	Baked Ziti w/French Bread	Pizzatas	Tony's Pizza

Fresh Hot Pizza Available Daily

Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.00
 Bruin Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.25
 Texas Toast or 3 Cheese Boat Meal (Includes Texas Toast or 3 Cheese Boat, Tossed Salad and Milk) - \$2.00
 Bruin Texas Toast or 3 Cheese Boat Meal (Includes Texas Toast or 3 Cheese Boat, Tossed Salad, Fruit, Fries and Milk) - \$2.25

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 Bruin Meal is \$2.25 Salad Bar Only is \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
Soup Bar	Potato Bar	Soup Bar	Potato Bar	Soup Bar

Fresh salad greens with a variety of meats, cheeses, fruits, and vegetables, served with crackers and/or breads, and choice of milk available daily.
 Hot items are also often featured on this bar.

Snack Shack

Peanut Butter Uncrustables	\$1.00
Salad Shaker	\$1.25
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
Muffins Loaf	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Cup Water w/ice	\$0.25
Milk	\$0.40
Egg Roll	\$1.00
Cheese Bread Sticks (2) w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Frozen Treats	\$0.25
Sherbet	\$0.50
Juice	\$1.00

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

Adult Meals are \$2.90 for Regular Meals and \$3.15 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.