



HAPPY HALLOWEEN



HARDIN COUNTY SCHOOLS - ELEMENTARY BREAKFAST MENU

October 2022

4 oz. 100% Fruit Juice, 1/2 cup Fruit and 1/2 pint milk are offered each day.

FALL BREAK – OCTOBER 3 – 7 2022

Monday - 10	Tuesday - 11	Wednesday - 12	Thursday - 13	Friday - 14
Triple Berry Mini French Toast Bites Cereal	Chocolate Crescent Cereal	Blueberry Muffin Popcorn Chicken Cereal	Glazed Donut Cereal	Chicken Biscuit Cereal
Monday - 17	Tuesday - 18	Wednesday - 19	Thursday - 20	Friday - 21
Breakfast Bun Cereal	Breakfast Sausage Pizza Cereal	Pop-Tart Cereal	Egg and Cheese Biscuit Cereal	Cinnamon Roll or Swirl Cereal
Monday - 24	Tuesday - 25	Wednesday – 26	Thursday - 27	Friday – 28
Cinnamon Glazed French Toast Sticks Cereal	Sausage Biscuit Cereal	Chocolate Chip Muffin Popcorn Chicken Cereal	Pancake Dippers Cereal	Funnel Cake Waffle Cereal

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

Breakfast Meal Pattern

- 1 oz. equivalent Grains/Breads daily (minimum 7 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 weekly)
- 1 cup Milk daily (5 cups per week)

Milk Choices:

- 1/2 pint lowfat (1%) white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk

This institution is an equal opportunity provider.





HARDIN COUNTY SCHOOLS - ELEMENTARY LUNCH MENU

October 2022

Peanut Butter & Jelly Uncrustable Mini Tiger Paw Pak offered everyday as an entrée choice.

FALL BREAK October 3 – 7, 2022				
10	11	12	13	14
Chicken Fajita on a Soft Shell Tortilla Cheese, Lettuce, Tomato, and Salsa Hot Dog Seasoned Wedge Potatoes Green Beans Apple Wedges Sliced Peaches Choice of Milk	Popcorn Chicken Sister Schubert Roll Fiestada Pizza Broccoli with Cheese Candied Sweet Potato Rounds Orange Wedges 100% Frozen Fruit Juice Sidekick Choice of Milk	Oven Baked Breaded Chicken Southern Style Biscuit Grilled Cheese Crunchy Baby Carrots Baked Potato Banana Mixed Fruit with Jello Choice of Milk	Breaded Steak and Gravy Sister Schubert Roll Breaded Chicken Sandwich Mashed Potatoes with Gravy Green Peas Strawberries and Bananas Frozen Peach Cup Choice of Milk	Doritos Taco Cheese, Lettuce, and Tomato Bosco Cheese Filled Breadstick Cheesy Refried Beans Whole Kernel Corn Pineapple Tidbits Grapes Choice of Milk
17	18	19	20	21
Crispito with Cheese Mexican Rice Cheeseburger Broccoli with Cheese Sidewinders Jr. Potatoes Frozen Strawberries Cup Apple Wedges Choice of Milk	Spaghetti with Meat Sauce Garlic Breadstick Pizza Max Sticks Green Beans Baked Sweet Potato Casserole Orange Wedges 100% Frozen Fruit Juice Sidekick Choice of Milk	Cheesy Chicken Nachos Mexican Rice BBQ Sandwich Coleslaw Whole Kernel Corn Baked Beans Mixed Fruit with Jello Banana Choice of Milk	3 Cheese Macaroni Mania Garlic Breadstick Chicken Tenders Sister Schubert Roll Tossed Salad Tater Tots Strawberries and Bananas Sliced Peaches Choice of Milk	Mini Meatloaf Sister Schubert Roll Mini Corndogs Mashed Potatoes with Gravy Crunch Baby Carrots Strawberry Applesauce Grapes Choice of Milk
24	25	26	27	28
Ravioli Casserole Sister Schubert Roll Grilled Cheese Whole Kernel Corn Green Beans Apple Wedges Sliced Peaches Choice of Milk	Chicken Casserole Popcorn Chicken Sister Schubert Roll Broccoli with Cheese Baked Potato Mandarin Oranges 100% Frozen Fruit Juice Sidekick Choice of Milk	Country Style Chicken with Gravy Southern Style Biscuit The Max 4x6 Cheese Pizza or Tony's Pepperoni Pizza Wedge Potato Smiles Glazed Baby Carrots Banana Sliced Pears Choice of Milk	Baked Ziti Garlic Breadstick Chicken Ranch Wrap Tossed Salad Baked Beans Strawberries and Bananas Frozen Peach Cup Choice of Milk	Vegetable Beef Soup Cheese Toast/Goldfish Crackers Chicken and Cheese Quesadilla Crunchy Baby Carrots Triangle Potatoes Applesauce Grapes Choice of Milk

This institution is an equal opportunity provider.

