

JANUARY 2023

HARDIN COUNTY SCHOOL

BREAKFAST



School Information: 1%FF White & Chocolate milk are served daily with breakfast & lunch. Peanut butter sandwich is available when students dislike lunch menu, (USDA is an equal opportunity and employer.)



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

MONDAY

NO SCHOOL

2

TUESDAY

CEREAL
FRUIT

3

WEDNESDAY

FRENCH TOAST
STICKS
SAUSAGE LINKS
FRUIT

4

THURSDAY

BREAKFAST PIZZA
FRUIT

5

FRIDAY

BISCUITS & GRAVY
BACON
FRUIT

6

POPART
YOGURT
FRUIT

9

CINNAMON ROLL
GO GURT
FRUIT

10

PANCAKES
SAUSAGE LINKS
FRUIT

11

SCRAMBLED EGGS
TOAST
FRUIT

12

BISCUITS & GRAVY
BACON
FRUIT

13

NO SCHOOL
MLK BIRTHDAY

16

CEREAL
FRUIT

17

FRENCH TOAST STICKS
SAUSAGE LINKS
FRUIT

18

SAUSAGE, EGG BISCUIT
FRUIT

19

BISCUIT & GRAVY
BACON
FRUIT

20

MINI CINI
YOGURT
FRUIT

23

SAUSAGE BISCUIT
FRUIT

24

PANCAKES
SAUSAGE LINKS
FRUIT

25

BREAKFAST PIZZA
FRUIT

26

BISCUIT & GRAVY
BACON
FRUIT

27

CEREAL
FRUIT

30

SAUSAGE, EGG
BISCUIT
FRUIT

31





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Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

NO SCHOOL

2

TUESDAY

NO LUNCH EARLY
OUT

3

WEDNESDAY

HAMBURGER ON BUN
BAKED FRIES AND
CHEESE
PORK N BEANS
FRUIT

4

THURSDAY

CHICKEN FAJITA

LETTUCE, SALSA, CHEESE
REFRIED BEANS
FRUIT

5

FRIDAY

WG PEPPERONI PIZZA
GARDEN SALAD
PEAS
FRUIT

6

BBQ PORK ON BUN
BAKED CHIPS
CARROTS
FRUIT

9

CHEESEBURGER MAC
CORN
ROLL
FRUIT

10

TACO IN A BAG
LETTUCE, CHEESE, SALSA,
REFRIED BEANS
FRUIT

11

CHICKEN & NOODLES
GREEN BEAN
ROLL
FRUIT

12

SLOPPY JO ON BUN
BAKED FRIES
BAKED BEANS
FRUIT

13

NO SCHOOL
MLK BIRTHDAY

16

HAMBURGER ON BUN
BAKED WEDGES
PORK N BEANS
FRUIT

17

SPAGHETTI
GARDEN SALAD
GARLIC STICK
FRUIT

18

CHICKEN NACHOS
LETTUCE, CHEESE
REFRIED BEANS
FRUIT

19

BOSCO STICKS
SALAD
BAKED FRIES
FRUIT

20

BREADED CHICKEN ON BUN
BAKED CHIPS & SALSA
CARROTS
FRUIT

23

CHILI
PEANUT BUTTER SANDWICH
FRUIT

24

TACOS
LETTUCE, CHEESE, SALSA,
REFRIED BEANS
FRUIT

25

WG PEPPERONI PIZZA
GARDEN SALAD
PEAS
FRUIT

26

NO LUNCH SERVED
EARLY OUT

27

BBQ PORK ON BUN
BAKED CHIPS & SALSA
PORK N BEANS
FRUIT

30

CHICKEN NACHOS
LETTUCE, CHEESE,
REFRIED BEANS
FRUIT

31

