

HARDEMAN COUNTY ELEMENTARY SCHOOL JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Requirements: K -8 Lunch M/MA = 1 oz. Grain = 1 oz. minimum Vegetable = 3/4 cup Fruit = 1/2 cup Milk = 8 oz.</p> <p>All breakfasts offered with milk, juice, or cereal choice.</p>	<p>Breakfast Prices Teachers: \$2.00 Visitors: \$2.25 "Lunch Prices" Teachers: \$3.25 Visitors: \$3.75</p>	<p>Calorie, weekly Avg:350 -500 Saturated Fat weekly Avg.: <10 % Sodium Weekly Avg.: <540 mg. Trans Fat: 0 grams</p> <p>4 oz. 100% Fruit Juice, ½ cup Fruit and ½ pint Milk are offered each day for Breakfast and Lunch.</p>	<p style="text-align: right;">3</p> <p>JUMBO CORN DOG CORN ON COB GREEN BEANS APPLESAUCE CUP MILK</p> <p>BK: POP TART</p>	<p style="text-align: right;">4</p> <p>CHICKEN RINGS CREAMY POTATOES LIMA BEANS WG ROLL STRAWBERRY CUP MILK</p> <p>BK: SAUSAGE & BISCUIT</p>
<p style="text-align: right;">7</p> <p>PIZZA MACARONI & CHEESE STEAMED BROCCOLI FRUIT MILK</p> <p>BK: CINN MINIS</p>	<p style="text-align: right;">8</p> <p>OVEN BAKED CHICKEN YAM PATTY TURNIP GREENS WG ROLL FRUIT CHOICE MILK</p> <p>BK: CHICKEN & BISCUIT</p>	<p style="text-align: right;">9</p> <p>HAMBURGER WG BUN BUSH'S BAKED BEANS LETTUCE/TOMATO/PICKLES FRUIT MILK</p> <p>BK: HONEY BUN</p>	<p style="text-align: right;">10</p> <p>CHICKEN SALAD CRACKERS VEGGIE CUP /DIP CORN-ON-COB FRUIT MILK</p> <p>BK: PANCAKE ON STICK/SYRUP</p>	<p style="text-align: right;">11</p> <p>VEGETABLE BEEF SOUP CRACKERS BABY CARROTS/DIP P & J SANDWICH FRUIT MILK</p> <p>BK: HAM & BISCUIT</p>
<p style="text-align: right;">14</p> <p>POPCORN CHICKEN CREAMY POTATOES SEASONED CORN ROLL FRUIT CHOICE MILK</p> <p>BK: MUFFIN</p>	<p style="text-align: right;">15</p> <p>DELI TURKEY/WG BUN LETTUCE/TOMATO BROCCOLI & CHEESE FRUIT CHOICE MILK</p> <p>BK: SUASAGE & BISCUIT</p>	<p style="text-align: right;">16</p> <p>HAMBURGER LETTUCE/TOMATO BAKED BEANS W G BUN FRUIT CHOICE MILK</p> <p>BK: BREAKFAST BITES</p>	<p style="text-align: right;">17</p> <p>MEATLOAF PINTO BEANS CHEESY POTATOES CORNBREAD FRUIT/MILK</p> <p>BK: CINN MINIS</p>	<p style="text-align: right;">18</p> <p>CHILI W/BEANS CHEESE CUP/CRACKERS BABY CARROTS OR FRUIT MILK</p> <p>BK: BREAKFAST PIZZA</p>
<p style="text-align: right;">21</p> <p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: right;">22</p> <p>JUMBO CORN DOG MACARONI & CHEESE GREEN BEANS FRUIT MILK</p> <p>BK: POP TART</p>	<p style="text-align: right;">23</p> <p>CHEESEBURGER/BUN BAKED BEANS LETTUCE/TOMATO FRUIT MILK</p> <p>BK. PANCAKE ON STICK/SYRUP</p>	<p style="text-align: right;">24</p> <p>MEATBALL SUB SLAW STEAMED BROCCOLI FRUIT CHOICE MILK</p> <p>BK: HAM & BISCUIT</p>	<p style="text-align: right;">25</p> <p>VEGETABLE BEEF SOUP CRACKERS BABY CARROTS /DIP P & J SANDWICH FRUIT MILK</p> <p>BK: BREAKFAST PIZZA</p>
<p style="text-align: right;">28</p> <p>SALISBURY STEAK/GRAVY DICED POTATOES GREEN BEANS WG ROLL FRUIT CHOICE MILK</p> <p>BK: CINNI MINIS</p>	<p style="text-align: right;">29</p> <p>CHICKEN FAJITA TORTILLA WRAP SHRED LETTUCE/ TOMATO/CHEESE CUP SALSA/ PINTO BEANS FRUIT MILK</p> <p>BK: SAUSAGE & BISCUIT</p>	<p style="text-align: right;">30</p> <p>CALZONE/SALSA TOSSED SALAD/DIP CORN ON COB FRUIT MILK</p> <p>BK: HONEY BUN</p>	<p style="text-align: right;">31</p> <p>HAM & CHEESE BROCCOLI & CHEESE LETTUCE /TOMATO W G BUN FRUIT MILK</p> <p>BK: BREAKFAST BITES</p>	

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Menus are subject to change due to availability.