

# HARDEMAN COUNTY MIDDLE/HIGH SCHOOLS JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Requirements: 7-12</b> Lunch M/MA = 2 oz. Grain = 2 oz. minimum Red/Orange/Dark Green Vegetable = 1cup Fresh or Canned Fruit/Juice = 1 cup Fat Free or Low Fat Milk = 8 oz. All breakfasts offered with milk, fresh fruit or fruit juice, or cereal choice</p>	<p>Calories Weekly: 750-850 Saturate Fat Weekly: &lt;10% Sodium Weekly Avg.: &lt; 1420 mg Trans Fat : 0 grams</p>	<p><b>Breakfast Prices</b> Teachers: \$2.00 Visitors: \$2.25</p> <p><b>Lunch Prices</b> Teachers: \$3.25 Visitors: \$3.75</p>	<p style="text-align: right;">3</p> <p>OVEN BAKED CHICKEN OR BAKED HAM CREAMY POTATOES TURNIP GREENS PINTO BEANS ROLL FRUIT CHOICE MILK BK: SAUSAGE &amp; BISCUIT</p>	<p style="text-align: right;">4</p> <p>SOUP &amp; SANDWICH OR PEPPERONI PIZZA SMALL SALAD CARROTS/DIP WHOLE KERNEL CORN CRACKERS FRUIT CHOICE MILK BK: CINNIMON ROLL</p>
<p style="text-align: right;">7</p> <p>BAKED HAM / ROLL OR SALISBURY STEAK /ROLL CREAMY POTATOES GREEN PEAS BROCCOLI &amp; CHEESE FRUIT CHOICE MILK BK: BREAKFAST MUFFIN</p>	<p style="text-align: right;">8</p> <p>HOT DOG/BUN OR MEATBALLS/ROLL MACARONI &amp; CHEESE WHITE BEANS COLE SLAW FRUIT CHOICE MILK BK: CHICKEN &amp; BISCUIT</p>	<p style="text-align: right;">9</p> <p>CHEESEBURGER/WG BUN OR CHICKEN RINGS/ WG ROLL LETTUCE/ TOMATO BAKED BEANS CREAMY COLE SLAW FRUIT CHOICE MILK BK: BREAKFAST BITES</p>	<p style="text-align: right;">10</p> <p>HAMBURGER STEAK &amp; GRAVY OR MANAGER'S CHOICE GLAZED CARROTS CREAMY POTATOES CALIFORNIA BLEND VEGGIES WG ROLL FRUIT CHOICE MILK BK: HONEY BUN</p>	<p style="text-align: right;">11</p> <p>MINI CORN DOGS OR CHILI &amp; CRACKERS SMALL SALAD BABY CARROTS/DIP FRUIT CHOICE MILK BK: HAM &amp; BISCUIT</p>
<p style="text-align: right;">14</p> <p>POPCORN CHICKEN OR SALISBURY STEAK/GRAVY CREAMY POTATOES SEASONED CORN CALIFORNIA BLEND VEGGIES ROLL FRUIT CHOICE MILK BK: PANCAKE ON STICK</p>	<p style="text-align: right;">15</p> <p>CHICKEN SALAD/ CRACKERS OR DELI TURKEY SANDWICH CORN-ON-COB SMALL SALAD/DRESSING MANAGER'S CHOICE FRUIT CHOICE MILK BK: BREAKFAST BITES</p>	<p style="text-align: right;">16</p> <p>HAM &amp; CHEESE HOGIE OR CHEESEBURGER/WG BUN LETTUCE/TOMATO LIMA BEANS YAM PATTY FRUIT CHOICE MILK BK: BREAKFAST PIZZA</p>	<p style="text-align: right;">17</p> <p>MEATLOAF OR MANAGER'S CHOICE TURNIP GREENS CREAMY POTATOES CREAMY COLE SLAW W G ROLL FRUIT CHOICE MILK BK: CINN MINIS</p>	<p style="text-align: right;">18</p> <p>SOUP &amp; SANDWICH OR CHEESE PIZZA SMALL SALAD CARROTS/DIP WHOLE KERNEL CORN CRACKERS FRUIT CHOICE MILK BK: CHICKEN &amp; BISCUIT</p>
<p style="text-align: right;">21</p> <p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: right;">22</p> <p>HAMBURGER/WG BUN OR CHICKEN /WG BUN CORN ON COB GREEN BEANS BAKED FRIES FRUIT CHOICE MILK BK: POP TART</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">MANAGER'S CHOICE</p>	<p style="text-align: right;">24</p> <p>MEATBALL SUB OR PIZZA CHOICE STEAMED BROCCOLI CREAMY COLE SLAW SWEET POTATO FRIES FRUIT CHOICE MILK BK: SAUSAGE &amp; BISCUIT</p>	<p style="text-align: right;">25</p> <p>CHILI W/ BEANS OR JUMBO CORN DOG SMALL SALAD BABY CARROTS/DIP CRACKERS FRUIT CHOICE MILK BK: HAM &amp; BISCUIT</p>
<p style="text-align: right;">28</p> <p>DELI TURKEY/WG BUN OR PIZZA MACARONI &amp; CHEESE GREEN BEANS MANAGER'S CHOICE FRUIT CHOICE MILK BK: BREAKFAST PIZZA</p>	<p style="text-align: right;">29</p> <p>CHICKEN FAJITA OR TACO/TORTILLA CHIPS REFRIED BEANS SHREDDED LETTUCE &amp; DICED TOMATO SALSA/ CHEESE CUP WHOLE KERNEL CORN FRUIT CHOICE MILK BK: HONEY BUN</p>	<p style="text-align: right;">30</p> <p>CALZONE/SALSA OR CHICKEN/WG ROLL LETTUCE/ TOMATO PINTO BEANS BROCCOLI &amp; CHEESE FRUIT CHOICE MILK BK: SAUSAGE &amp; BISCUIT</p>	<p style="text-align: right;">31</p> <p>CHEESEBURGER/WG BUN OR HAM &amp; CHEESE HOGIE LETTUCE/ TOMATO BAKED BEANS CALIFORNIA BLEND VEGGIES FRUIT CHOICE MILK BK: BREAKFAST BITES</p>	

"This institution is an equal opportunity provider."