

# HARDEMAN COUNTY MIDDLE/HIGH SCHOOLS FEBRUARY 2018

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;">1</p> <p>CHICKEN RINGS OR BAR-B-QUE W/ BUN BAKED BEANS BAKED FRIES CREAMY COLE SLAW FRUIT CHOICE MILK</p> <p>BK: SAUSAGE &amp; BISCUIT</p>	<p style="text-align: right;">2</p> <p>SOUP &amp; SANDWICH OR PEPPERONI PIZZA SMALL SALAD CARROTS/DIP WHOLE KERNEL CORN CRACKERS FRUIT CHOICE MILK</p> <p>BK: CINNIMON ROLL</p>
<p style="text-align: right;">5</p> <p>BAKED HAM / ROLL OR SALISBURY STEAK /ROLL CREAMY POTATOES GREEN PEAS BROCCOLI &amp; CHEESE FRUIT CHOICE MILK</p> <p>BK: BREAKFAST MUFFIN</p>	<p style="text-align: right;">6</p> <p>HOT DOG/BUN OR CHICKEN &amp; DUMPLINGS GREEN BEANS SMALL SALAD COLE SLAW FRUIT CHOICE HUSH PUPPIES MILK</p> <p>BK: CHICKEN &amp; BISCUIT</p>	<p style="text-align: right;">7</p> <p>CHEESEBURGER/WG BUN OR POPCORN CHICKEN/ WG ROLL LETTUCE/ TOMATO MACARONI &amp; CHEESE CALIFORNIA BLEND VEGGIES FRUIT CHOICE MILK</p> <p>BK: BREAKFAST BITES</p>	<p style="text-align: right;">8</p> <p>QUESIDILLA OR TACO/TORTILLA CHIPS REFRIED BEANS LETTUCE &amp; TOMATO SALSA/ CHEESE CUP WHOLE KERNEL CORN FRUIT CHOICE MILK</p> <p>BK: BREAKFAST PIZZA</p>	<p style="text-align: right;">9</p> <p>MINI CORN DOGS OR CHILI &amp; CRACKERS SMALL SALAD BABY CARROTS/DIP FRUIT CHOICE MILK</p> <p>BK: HAM &amp; BISCUIT</p>
<p style="text-align: right;">12</p> <p>COUNTRY FRIED STEAK/GRAVY OR POT ROAST W/GRAVY PURPLE HULL PEAS CREAMY POTATOES COLE SLAW FRUIT CHOICE MILK</p> <p>BK: SAUSAGE &amp; BISCUIT/ JELLY</p>	<p style="text-align: right;">13</p> <p>HAM &amp; CHEESE/ BUN OR DELI TURKEY &amp; CHEESE/BUN BROCCOLI &amp; CHEESE OVEN BAKED FRIES LETTUCE/TOMATO FRUIT CHOICE MILK</p> <p>BK: PANCAKE ON STICK</p>	<p style="text-align: right;">14</p> <p>JUMBO CORN DOG OR PEPPERONI PIZZA POTATO SALAD LIMA BEANS YAM PATTY FRUIT CHOICE MILK</p> <p>BK: BREAKFAST PIZZA</p>	<p style="text-align: right;">15</p> <p>HAMBURGER STEAK/ GRAVY OR MEATBALLS BAKED BEANS CREAMY POTATOES CREAMY COLE SLAW W G ROLL FRUIT CHOICE MILK</p> <p>BK: CINN MINIS</p>	<p style="text-align: right;">16</p> <p>SOUP &amp; SANDWICH OR CHEESE PIZZA SMALL SALAD CARROTS/DIP WHOLE KERNEL CORN CRACKERS FRUIT CHOICE MILK</p> <p>BK: CHICKEN &amp; BISCUIT</p>
<p style="text-align: right;">19</p> <p style="text-align: center;">PRESIDENTS' DAY "NO SCHOOL"</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">PARENT-TEACHER CONFERENCE "NO SCHOOL"</p>	<p style="text-align: right;">21</p> <p>HAMBURGER/WG BUN OR CHICKEN PATTY/WG BUN CORN ON COB GREEN BEANS BAKED FRIES FRUIT CHOICE MILK</p> <p>BK: POP TART</p>	<p style="text-align: right;">22</p> <p>OVEN BAKED CHICKEN OR BAKED HAM YAM PATTY TURNIP GREENS PINTO BEANS W G ROLL FRUIT CHOICE MILK</p> <p>BK: PANCAKE ON STICK</p>	<p style="text-align: right;">23</p> <p>CHILI W/ BEANS OR JUMBO CORN DOG SMALL SALAD BABY CARROTS/DIP CRACKERS FRUIT CHOICE MILK</p> <p>BK: HAM &amp; BISCUIT</p>
<p style="text-align: right;">26</p> <p>CHEESEBURGER/BUN OR PIZZA MACARONI &amp; CHEESE GREEN BEANS LETTUCE/TOMATO FRUIT CHOICE MILK</p> <p>BK: BREAKFAST PIZZA</p>	<p style="text-align: right;">27</p> <p>CALZONES OR BEEF FINGERS/ROLL CREAMY POTATOES/GRAVY LIMA BEANS BRUSSEL SPROUTS FRUIT CHOICE MILK</p> <p>BK: HONEY BUN</p>	<p style="text-align: right;">28</p> <p>BAR-B-QUE / BUN OR CORN DOG MINIS BAKED BEANS COLE SLAW CALIFORNIA BLEND VEGGIES FRUIT CHOICE MILK</p> <p>BK: BREAKFAST BITES</p>		

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