

HARDEMAN COUNTY MIDDLE/HIGH SCHOOLS

APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BAR-B-CUE / BUN OR HAM & CHEESE /BUN BAKED BEANS OVEN BAKED FRIES CREAMY COLE SLAW FRUIT CHOICE MILK</p> <p>BK: SAUSAGE & BISCUIT</p>	<p>3</p> <p>PEPPERONI PIZZA OR JUMBO CORN DOG GREEN BEANS WHOLE KERNEL CORN SMALL SALAD FRUIT CHOICE MILK</p> <p>BK: BREAKFAST BITES/SYRUP</p>	<p>4</p> <p>HAMBURGER/BUN OR CHICKEN RINGS/ROLL LETTUCE/TOMATOES MIXED VEGETABLES CREAMY POTATOES FRUIT CHOICE MILK</p> <p>BK: PANCAKE ON STICK</p>	<p>5</p> <p>MIGHTY RIB/ROLL OR MEATBALLS/ROLL BAKED BEANS BAKED FRIES CREAMY COLE SLAW FRUIT CHOICE MILK</p> <p>BK: SAUSAGE & BISCUIT</p>	<p>6</p> <p>HOT DOG/BUN OR TACO WRAP SHREDDED LETTUCE CARROTS/DIP CORN ON COB FRUIT CHOICE MILK</p> <p>BK: BREAKFAST PIZZA</p>
<p>9</p> <p>CALZONE OR BEEF FINGERS/ROLL BABY WHOLE POTATOES LIMA BEANS BRUSSEL SPROUTS FRUIT CHOICE MILK</p> <p>BK: BREAKFAST MUFFIN</p>	<p>10</p> <p>HOT DOG/BUN OR CHICKEN & DUMPLINGS GREEN BEANS SMALL SALAD COLE SLAW FRUIT CHOICE HUSH PUPPIES MILK</p> <p>BK: CHICKEN & BISCUIT</p>	<p>11</p> <p>CHEESEBURGER/WG BUN OR POPCORN CHICKEN/ WG ROLL LETTUCE/ TOMATO MACARONI & CHEESE CALIFORNIA BLEND VEGGIES FRUIT CHOICE MILK</p> <p>BK: BREAKFAST BITES</p>	<p>12</p> <p>CHICKEN FAJITA WRAP OR TACO/TORTILLA CHIPS REFRIED BEANS LETTUCE & TOMATO SALSA WHOLE KERNEL CORN FRUIT CHOICE MILK</p> <p>BK: FRENCH TOAST STICKS</p>	<p>13</p> <p>MINI CORN DOGS OR QUESADILLA SALSA/ MUSTARD POTATOE WEDGES BROCCOLI & CHEESE FRUIT CHOICE MILK</p> <p>BK: HAM & BISCUIT</p>
<p>16</p> <p>SALISBURY STEAK/GRAVY OR CHICKEN PATTY PURPLE HULL PEAS CREAMY POTATOES COLE SLAW CORNBREAD FRUIT CHOICE MILK</p> <p>BK: SAUSAGE & BISCUIT/ JELLY</p>	<p>17</p> <p>HAM & CHEESE/ BUN OR DELI TURKEY & CHEESE/BUN BROCCOLI & CHEESE OVEN BAKED FRIES LETTUCE/TOMATO FRUIT CHOICE MILK</p> <p>BK: PANCAKE ON STICK</p>	<p>18</p> <p>JUMBO CORN DOG OR CHICKEN SALAD/CRACKERS POTATO SALAD LIMA BEANS YAM PATTY FRUIT CHOICE MILK</p> <p>BK: BREAKFAST PIZZA</p>	<p>19</p> <p>HAMBURGER STEAK/ GRAVY OR MEATBALLS GREEN BEANS CREAMY POTATOES CREAMY COLE SLAW W G ROLL FRUIT CHOICE MILK</p> <p>BK: CINN MINIS</p>	<p>20</p> <p>PIZZA CHOICE OR MANAGER'S CHOICE SMALL SALAD BAKED FRIES WHOLE KERNEL CORN FRUIT CHOICE MILK</p> <p>BK: CHICKEN & BISCUIT</p>
<p>23</p> <p>CHEESEBURGER/BUN OR CHICKEN RINGS/ ROLL MACARONI & CHEESE GREEN BEANS LETTUCE/TOMATO FRUIT CHOICE MILK</p> <p>BK: BOLONGA & BISCUIT</p>	<p>24</p> <p>BAR-B-QUE / BUN OR MANAGER'S CHOICE BAKED BEANS COLE SLAW CALIFORNIA BLEND VEGGIES FRUIT CHOICE MILK</p> <p>BK: BREAKFAST BITES</p>	<p>25</p> <p>CALZONE OR POTATO BAR, CRACKERS,CHEESE CUP,MEAT CHOICE,SOUR CREAM,BACON BITS,BROCCOLI SMALL SALAD FRUIT CHOICE MILK</p> <p>BK: HAM & BISCUIT</p>	<p>26</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>27</p> <p>OR JUMBO CORN DOG SMALL SALAD BABY CARROTS/DIP CRACKERS FRUIT CHOICE MILK</p> <p>BK: HAM & BISCUIT</p>
<p>30</p> <p>PIZZA CHOICE OR CHICKEN SALAD/CRACKERS GREEN BEANS WHOLE KERNEL CORN SMALL SALAD FRUIT CHOICE</p> <p>BK: FRENCH TOAST STICKS</p>	<p>Calories Weekly: 750-850 Saturate Fat Weekly: <10% Sodium Weekly Avg.: < 1420 mg Trans Fat : 0 grams</p>	<p>Daily Requirements: 7-12 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>Breakfast Prices Teachers: \$2.00 Visitors: \$2.25</p> <p>Lunch Prices Teachers: \$3.25 Visitors: \$3.75</p>	

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