

John Hardin High School Menus 2024-25

Breakfast - All Hardin County children can eat breakfast at NO CHARGE

Different Variety of Breakfast Choices Available Daily	NO CHARGE
Poptarts, Cinnamon filled Pancake, Super Rings, Yogurt/Grahams, Lucky Charms, Cocoa Puffs, Honey Cheerios, Cinnamon Toast Crunch, Cinnamon Chex	
Monday – Sausage Biscuit or Sausage /Egg Biscuit; Tuesday - Breakfast Burrito; Wednesday – Chicken Little Biscuit; Thursday - Breakfast Bowl w/ grahams; Friday – Breakfast Pizza	
Choose "ONE" from above along with a fresh apple and/or banana, orange juice, apple juice or grape juice and choice of low-fat milk.	

Lunch – All Hardin County children can eat lunch at NO CHARGE

Available on all lunch lines each day as listed: Vegetables and Fruits of the Day!				
Monday	Tuesday	Wednesday	Thursday	Friday
Steamed Broccoli Baby Carrots w/dip Mixed Greens Salad Chilled Peaches Fresh Apples Juice	Mixed Green Salad Steamed Vegetable Medley Green Beans Chilled Pineapple Fresh Oranges Juice	Potato Wedges Corn Carrots and Celery Sticks Chilled Pears Fresh Grapes Tomato Juice Juice	Cole Slaw Baked Beans Mixed Greens Salad Chilled Mandarin Oranges Fresh Apples Juice	Mixed Greens Salad Green Beans Chilled Applesauce Bananas Juice

Mama's Specials

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Oven Fried Chicken Mashed Potatoes w/gravy, WG Roll <i>+ vegetable and fruits of the day</i>	Mac & Cheese Bar WG Roll <i>+ vegetable and fruits of the day</i>	Chicken Wings w/Dinner Roll <i>+ vegetable and fruits of the day</i>	Yum Yum Bowl Dinner Roll <i>+ vegetable and fruits of the day</i>	Philly Cheesesteak Subs <i>+ vegetable and fruits of the day</i>
Included with your Meal: Assorted Low-fat Milk				

International Line

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Asian</u> Orange Chicken General Tso Chicken Veggie Lo Mein Asian Rice <i>+ vegetable and fruits of the day</i>	<u>Mexican</u> Build a Burrito w/ beef or chicken Mexican Rice, Salsa, Refried Beans, Diced Tomatoes, Shredded Romaine <i>+ vegetable and fruits of the day</i>	<u>Italian</u> Baked Spaghetti Chicken Alfredo Pasta Marinara Breadstick <i>+ vegetable and fruits of the day</i>	<u>Asian</u> Orange Chicken General Tso Chicken Veggie Lo Mein Brown Rice <i>+ vegetable and fruits of the day</i>	<u>Mexican</u> Build a Burrito w/ beef or chicken Mexican Rice, Salsa, Refried Beans, Diced Tomatoes, Shredded Romaine <i>+ vegetable and fruits of the day</i>
Included with your Meal: Assorted Low-fat Milk				

Bulldog Picks

Available Everyday
Charbroiled Cheeseburger, Hot Dog, Breaded Chicken Sandwich, Spicy Chicken Sandwich
Included with your Meal: Oven Baked Fries, Sandwich Toppers, Vegetables and Fruits of the Day and Assorted Low-fat Milk
M-W-F- Rib Pattie Sandwich
T-Th- BBQ Sandwich

Bulldog "Grab and Go"

Available Everyday: Super Salads, PB&J Uncrustable, Turkey/Cheese Wraps, Italian Combo Wraps, Ham/Cheese Sub, Turkey/Cheese Sub, Italian Combo Sub, and Protein Boxes
Included with your Meal: Baked Chips, Vegetables and Fruits of the Day and Assorted Low-fat Milk

Pizza and More...

Available Everyday: Fresh Hot Pizza, Bosco Sticks and Meatball Subs
Included with your Meal: Vegetables and Fruits of the Day, and Assorted Low-Fat Milk

A variety of Ala Carte items will be available - These items are not a part of the "regular meal" and all students must have money or money on their account in order to purchase these items. These items will be clearly marked as Ala Carte.

Notice: Some menu items may contain nuts and/or artificial sweeteners. Menu is subject to change without notice due to price and availability of food.

Additional seasonal fruit will be added when available. Students are encouraged to take as many fruits and vegetables they would like as long as they are eaten. (Potato products are portion controlled.)

Apply money to your students accounts at www.myschoolbucks.com

Adult Lunches are \$4.75, Adult Breakfast \$3.25

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.