

BREAKFAST

Offered Daily

Breakfast Pizza
Pancake Porky
Sausage/Egg Biscuit
Chicken Biscuit
Assorted Cereal w/ Toast
Toaster Treats
Yogurt w/ Grahams

Additional item on

Friday

Fresh Baked Cinnamon Rolls

A full price breakfast is \$1.25. Choose one of the entrees above in addition to your choice of assorted juice or fruit and assorted milk.

Fresh Fruit Available Daily--\$0.50

Why Eat Breakfast?

Many studies, in both adults and children, have shown that breakfast eaters tend to weigh less than breakfast skippers.

Why? One theory suggests that eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other meals. While it might seem you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of breakfast-skippers, and they eat more at lunch and throughout the day.

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The Hardin County School Child Nutrition Department is committed to implementing the USDA's School Meal Initiative regulations and complying with the USDA Dietary Guidelines for Americans through a variety of meal planning approaches. Menus are planned to include a variety of foods that are low in sugar, sodium, fat and cholesterol. Menu selections are designed to increase breads, grains, fruits, and vegetables as well as other foods rich in vitamins and minerals.

How can I move toward a healthier weight?

Reaching a healthier weight is a balancing act. The secret is learning how to balance your "energy in" and "energy out" over the long run.

"Energy in" is the calories from the foods and beverages you have each day. "Energy out" is the calories you burn for basic body functions and physical activity.

Maintaining Weight



Energy In = Energy Out

Your weight will stay the same when the calories you eat and drink equal the calories you burn.

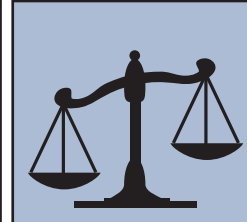
Losing Weight



Energy In < Energy Out

You will lose weight when the calories you eat and drink are less than the calories you burn.

Gaining Weight



Energy In > Energy Out

You will gain weight when the calories you eat and drink are greater than the calories you burn.

Which box did you choose? Where would you like to be? Many people want to lose weight. To do this, the strategy is simple – the challenge is putting it into practice every day. If you are overweight or obese, here are some basic steps to help you gradually move toward a healthier weight:

- 1) Learn what to eat from each food group.
- 2) Focus on how much you eat. Watch your portion sizes!
- 3) Choose "nutrient-dense" forms of foods. These foods are packed with nutrients, but low in "extras" that just add calories.
- 4) Get moving! Physical activity can help you reach and keep a healthier weight.
- 5) Follow your progress by tracking your food intake and physical activity. Check your weight weekly.

For more information go to

<http://www.mypyramid.gov/STEPS/stepstohealthierweight.html>

Mary Kuhn, SNS, Child Nutrition Director
Hardin County Schools

2514 Leitchfield Road • Elizabethtown, KY 42701

270-769-8877

Bruin Café Menu

2010-2011



LUNCH MENU

Mama's Kitchen				
Tuesday and Thursday				
Student Meal is available for \$2.00				
Asian 2 Go				
Monday, Wednesday and Friday				
Student Bruin Meal is available for \$2.25				
Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken	Mama's Special	Teriyaki Chicken	Chicken Nuggets w/ Hot Rolls	General Tso's Chicken

- Mama's Kitchen: For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.
- Asian 2 Go: For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk. Separate eggroll for \$1.00.

The Sandwich Shoppe				
Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Grilled Saucy Rib on Bun	Wraps
Charbroiled Hamburgers/Cheeseburgers offered daily - \$1.85 Sandwich/\$2.00 Meal Ham or Turkey Sub Bar - \$2.00 Sandwich/\$2.25 Meal PB&J Uncrustable - \$1.85 Sandwich/\$2.00 Bruin Meal				

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

South of the Border			
	Entree Price	Full Meal Price	
Nachos w/Cheese Sauce or Max Wrap	\$1.85	\$2.00	
Nachos w/Meat & Cheese Sauce OR Soft Taco	\$2.00	\$2.25	

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Pickin' Chicken		
	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.00
Breaded Chicken Sandwich	\$1.85	\$2.00
Spicy Chicken Sandwich	\$2.00	\$2.25
Chicken Tenders	\$2.00	\$2.25
Popcorn Chicken	\$2.00	\$2.25
Prime Time Chicken Breast Sandwich	\$2.00	\$2.25

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

Italian Scallion				
Student Meal is available for \$2.00				
Monday	Tuesday	Wednesday	Thursday	Friday
Penne w/ Sauce Chicken Pattie French Bread	Spaghetti/Meat Sauce French Bread	Baked Ziti w/French Bread	Pizzatas	Tony's Pizza
Fresh Hot Pizza Available Daily Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.00 Bruin Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.25 Texas Toast or 3 Cheese Boat Meal (Includes Texas Toast or 3 Cheese Boat, Tossed Salad and Milk) - \$2.00 Bruin Texas Toast or 3 Cheese Boat Meal (Includes Texas Toast or 3 Cheese Boat, Tossed Salad, Fruit, Fries and Milk) - \$2.25				
Also available daily: Cheese Bread Sticks w/dipping sauce(2) \$1.50				

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Super Salads	
	\$2.00
Offered Daily: Chef Salad or Feature Salad	
Assorted Dressings, Crackers Choice of Milk	

Snack Shack	
Peanut Butter Uncrustables	\$1.00
Salad Shaker	\$1.25
Nutrigrain Bars	\$0.50
Variety of Baked Snacks	\$0.50
Soft Pretzel w/mustard	\$0.75
Toaster Treats	\$0.75
Fresh Fruit Cup w/dip	\$1.25
Veggies & Dip	\$1.00
Fresh Fruit	\$0.50
100% Fruit Juice	\$0.40
Cookie	\$0.50
Nacho Cheese Sauce	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Milk	\$0.40
Cheese Bread Sticks (2)w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Juice	\$1.00

A variety of beverages and some additional a la carte items are offered on all lines.

Adult Meals are \$2.90 for Regular Meals and \$3.15 for Bruin Meals.

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.

BREAKFAST

Offered Daily

Breakfast Pizza
Pancake Porky
Sausage/Egg Biscuit
Chicken Biscuit
Assorted Cereal w/ Toast
Toaster Treats
Yogurt w/ Grahams

Additional item on

Friday

Fresh Baked Cinnamon Rolls

A full price breakfast is \$1.25. Choose one of the entrees above in addition to your choice of assorted juice or fruit and assorted milk.

Fresh Fruit Available Daily--\$0.50

Why Eat Breakfast?

Many studies, in both adults and children, have shown that breakfast eaters tend to weigh less than breakfast skippers.

Why? One theory suggests that eating a healthy breakfast can reduce hunger throughout the day and help people make better food choices at other meals. While it might seem you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of breakfast-skippers, and they eat more at lunch and throughout the day.

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How can I move toward a healthier weight?

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Maintaining Weight



Energy In = Energy Out

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Losing Weight



Energy In < Energy Out

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Gaining Weight



Energy In > Energy Out

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- 4) Get moving! Physical activity can help you reach and keep a healthier weight.
- 5) Follow your progress by tracking your food intake and physical activity. Check your weight weekly.

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Bulldog Café Menu

2010-2011



LUNCH MENU

Mama's Kitchen				
Student Meal is available for \$2.00				
Asian 2 Go				
Student Bulldog Meal is available for \$2.25				
Monday, Wednesday and Friday				
Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken	Mama's Special	Teriyaki Chicken	Chicken Nuggets w/ Hot Rolls	General Tso's Chicken

- Mama's Kitchen: For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.
- Asian 2 Go: For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk. Separate eggroll for \$1.00.

The Sandwich Shoppe				
Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Grilled Saucy Rib on Bun	Wraps
Charbroiled Hamburgers/Cheeseburgers offered daily - \$1.85 Sandwich/\$2.00 Meal Ham or Turkey Sub Bar - \$2.00 Sandwich/\$2.25 Meal PB&J Uncrustable - \$1.85 Sandwich/\$2.00 Bulldog Meal				

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

South of the Border		
	Entree Price	Full Meal Price
Nachos w/Cheese Sauce or Max Wrap	\$1.85	\$2.00
Nachos w/Meat & Cheese Sauce OR Soft Taco	\$2.00	\$2.25

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Pickin' Chicken		
	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.00
Breaded Chicken Sandwich	\$1.85	\$2.00
Spicy Chicken Sandwich	\$2.00	\$2.25
Chicken Tenders	\$2.00	\$2.25
Popcorn Chicken	\$2.00	\$2.25
Prime Time Chicken Breast Sandwich	\$2.00	\$2.25

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

Italian Scallion				
Student Meal is available for \$2.00				
Monday	Tuesday	Wednesday	Thursday	Friday
Penne w/ Sauce Chicken Pattie French Bread	Spaghetti/Meat Sauce French Bread	Baked Ziti w/French Bread	Pizzatas	Tony's Pizza
Fresh Hot Pizza Available Daily Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.00 Bulldog Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.25 Texas Toast or 3 Cheese Boat Meal (Includes Texas Toast or 3 Cheese Boat, Tossed Salad and Milk) - \$2.00 Bulldog Texas Toast or 3 Cheese Boat Meal (Includes Texas Toast or 3 Cheese Boat, Tossed Salad, Fruit, Fries and Milk) - \$2.25				
Also available daily: Cheese Bread Sticks w/dipping sauce(2) \$1.50				

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Super Salads	
	\$2.00
Offered Daily: Chef Salad or Feature Salad	
Assorted Dressings, Crackers Choice of Milk	

Snack Shack	
Peanut Butter Uncrustables	\$1.00
Salad Shaker	\$1.25
Nutrigrain Bars	\$0.50
Variety of Baked Snacks	\$0.50
Soft Pretzel w/mustard	\$0.75
Toaster Treats	\$0.75
Fresh Fruit Cup w/dip	\$1.25
Veggies & Dip	\$1.00
Fresh Fruit	\$0.50
100% Fruit Juice	\$0.40
Cookie	\$0.50
Nacho Cheese Sauce	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Milk	\$0.40
Cheese Bread Sticks (2)w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Juice	\$1.00

A variety of beverages and some additional a la carte items are offered on all lines.

Adult Meals are \$2.90 for Regular Meals and \$3.15 for Bulldog Meals.

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BREAKFAST

Offered Daily

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Sausage/Egg Biscuit
Chicken Biscuit
Assorted Cereal w/ Toast
Toaster Treats
Yogurt w/ Grahams

Additional item on

Friday

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Fresh Fruit Available Daily--\$0.50

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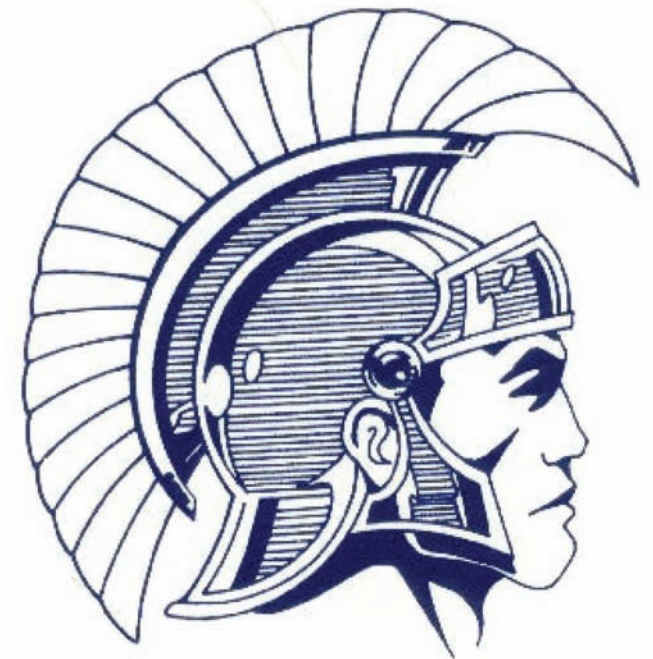
Mary Kuhn, SNS, Child Nutrition Director
Hardin County Schools

2514 Leitchfield Road • Elizabethtown, KY 42701

270-769-8877

Trojan Café Menu

2010-2011



LUNCH MENU

Mama's Kitchen				
Student Meal is available for \$2.00				
Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak w/Gravy Hot Rolls	Spaghetti French Bread	Chicken Fried Steak w/Gravy Hot Rolls	Chicken Nuggets w/ Hot Rolls	Mama's Special

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

The Sandwich Shoppe				
Monday	Tuesday	Wednesday	Thursday	Friday
Corndog	Pork Barbeque on Bun	Chili Dog on Bun	Grilled Saucy Rib on Bun	Wraps
Charbroiled Hamburgers/Cheeseburger offered daily - \$1.85 Sandwich/\$2.00 Meal Ham or Turkey Sub Bar - \$2.00 Sandwich/\$2.25 Meal PB&J Uncrustable - \$1.85 Sandwich/\$2.00 Trojan Meal				

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

South of the Border		
	Entree Price	Full Meal Price
Nachos w/Cheese Sauce or Max Wrap	\$1.85	\$2.00
Nachos w/Meat & Cheese Sauce OR Soft Taco	\$2.00	\$2.25

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Asian2Go				
Student Trojan Meal is available for \$2.25				
Monday	Tuesday	Wednesday	Thursday	Friday
Tangerine Chicken	Spicy Chicken	Teriyaki Chicken	New Orleans Cajun Chicken	General Tso's Chicken

For a Meal, add choice of entree OR eggroll, stir fried veggies, fruit, steamed rice, and milk.
Separate eggroll for \$1.00

Pickin' Chicken		
	Entree Price	Full Meal Price
Grilled Chicken Sandwich	\$1.85	\$2.00
Breaded Chicken Sandwich	\$1.85	\$2.00
Spicy Chicken Sandwich	\$2.00	\$2.25
Chicken Tenders	\$2.00	\$2.25
Popcorn Chicken	\$2.00	\$2.25
Prime Time Chicken Breast Sandwich	\$2.00	\$2.25

For a Meal, add Assorted Milk PLUS your choice of TWO of the following: Oven Fries, Salad, or Fruit.

Italian Scallion				
Student Meal is available for \$2.00				
Monday	Tuesday	Wednesday	Thursday	Friday
Penne w/ Sauce Chicken Pattie French Bread	Texas Toast and 3 Cheese Boats Alternating days	Baked Ziti w/French Bread	Pizzatas	Tony's Pizza
Fresh Hot Pizza Available Daily Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, and Milk) - \$2.00 Trojan Big Daddy Pizza Meal (Includes Pizza, Tossed Salad, Fruit, Fries and Milk) - \$2.25				
Also available daily: Cheese Bread Sticks w/dipping sauce(2) \$1.50				

For a Meal, add choice of two items (fruits, salads, and/or vegetables) & Assorted Milk.

Super Salads	
	\$2.00
Offered Daily: Chef Salad or Feature Salad	
Assorted Dressings, Crackers Choice of Milk	

Snack Shack	
Peanut Butter Uncrustables	\$1.00
Salad Shaker	\$1.25
Nutrigrain Bars	\$0.50
Variety of Baked Snacks	\$0.50
Soft Pretzel w/mustard	\$0.75
Toaster Treats	\$0.75
Fresh Fruit Cup w/dip	\$1.25
Veggies & Dip	\$1.00
Fresh Fruit	\$0.50
100% Fruit Juice	\$0.40
Cookie	\$0.50
Nacho Cheese Sauce	\$0.50
Dasani Water	\$1.00
Flavored Water	\$1.00
Milk	\$0.40
Cheese Bread Sticks (2)w/sauce	\$1.50
Low Fat Yogurt	\$1.00
Gogurt	\$0.50
Juice	\$1.00

A variety of beverages and some additional a la carte items are offered on all lines.

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